



Photo by Lisa Adelsberger

Patrick Hess and Andrea DiBenedetto, front center, host and hostess of the Mr. Andover High contest this Saturday night, enjoy a laugh with this year's contestants. The contest, a fundraiser for the junior class, begins at 7 p.m. at the Collins Center. The cost is \$5, the public is invited and tickets are available at the door. [See related story on page 20.]

Life after Andover: Where are these 766 students now?

► Sixth in a series that will run from time to time on the special-needs programs in the Andover public schools. This week the series takes a look at where some Chapter 766 students go after Andover.

By Alix Driscoll

Mary Ladd and Bill Flynn thrived in the Andover High School special-needs program. Garrett Day found it lacking, although he earned honors-level grades. James Lyman missed out on the Chapter 766 program and wishes he'd had the technical tools and assistance to improve his poor spelling when he was a student.

Mary Ladd blossomed

"I don't think I would have made it through the school system without the special-needs program," says Ms. Ladd.

"I am dyslexic and disgraphic with word-retrieval issues. A word is stored in the wrong spot. It takes time to find where you stored it."

LOOKING
AT
CHAPTER
766



Ms. Ladd, the daughter of Margaret and Robert Ladd of Gould Road, graduated from AHS in 1985 after more than a decade in the 766 program. She earned an undergraduate degree from Fitchburg State College with a major in early childhood education, and currently team-teaches a pre-school class in the Worcester school system with the assistance of a special-needs teacher. It is a model inclusive class with 16 youngsters, several of whom have special needs.

(Continued on page 32)

Members say they will not support adding 2 classrooms to Sanborn

School Committee sticking to 'comprehensive plan'

By Neil Fater

In response to a formal request from the School Building Committee, the School Committee again said Tuesday night it will not recommend adding two classrooms to Sanborn during the current construction project.

The School Committee will stick with its current plan to add six classrooms onto Sanborn in

three-to-five years, and said it will consider adding those six classrooms sooner if it believes the student-enrollment numbers warrant such action.

Jim Marsh, building committee chairman, asked the School Committee to allow the transfer of \$350,000 from the Andover High School budget to the Sanborn budget to pay for the addi-

(Continued on page 31)

Selectmen begin review of town-services budgets

By Joan Brown

Selectmen began the grueling budget-review process, examining line item after line item during a three-hour meeting at town offices on Monday night.

Reviewing about one third of the budget, selectmen appeared generally satisfied with explanations from department heads regarding most budget

requirements for Fiscal Year 1996.

Library

The Memorial Hall Library budget will increase by about 3 percent in FY '96. Jim Sutton, library director, said most of the additional funding will cover the increase in overtime costs, particularly those related to addi-

Volunteers offer care and companionship

By Neil Fater

After her husband died, Anna Jones regularly took herself back and forth to dialysis treatment for her sick kidney. She was on dialysis for more than five years.

"I was very, very ill with my kidney and it affected me many ways, and I suffered through it

many ways," she said. "I've been there. I know what illness does to a person."

Today, five years removed from a successful kidney transplant, Ms. Jones is healthy again. But because she "knows what it is to be sick," Ms. Jones is one of the 11 volunteers work-

(Continued on page 33)

INSIDE:

- Youth assaulted on Main Street: page 2.
- Hooks Johnston retires from Planning Board: page 38.
- Local Chinese community celebrates new year: page 22.
- Car slides off River Road: page 29.
- Police nab alleged computer thieves: page 31.

NEXT WEEK:

- Section: Presidents Day Auto, all about new cars.

Youths blame Bruegger's employee for assault

By Neil Fater

After reportedly being insulted by a 14-year-old Andover teen Friday afternoon, Feb. 3, a 17-year-old employee of Bruegger's Bagel Bakery allegedly punched and kicked the boy in the head.

Matthew B. Gendron, 17, of North Andover, will be charged with assault and battery and assault and battery with a dangerous weapon, his foot, for the alleged attack, according to Lt. Arthur Ricci.

The incident took place in front of Chocolate by Design on Main Street. Mr. Gendron was allegedly off duty at the time.

According to the police report, here's what happened:

Mr. Gendron told police that a half-hour before the attack the 14-year-old, who was in Bruegger's with his friends, gave Mr. Gendron and other Bruegger's employees a hard time "and that the manager had to ask (the teen) several times to leave the store.

"All the other employees present also said that (the teen) had given everyone a hard time shortly before," the report stated.

Mr. Gendron told police that when he left the shop, the teen began calling him names. Mr. Gendron admitted striking the teen because of the insults.

According to the police report, the injured teen said that "Mr. Gendron had come up to him yelling about the incident inside Bruegger's, and then suddenly punched him in the eye as he was backing away from him. (The Andover teen) said he tried to cover his face and head with his arms when he was on the ground and could not see what was happening at that point."

Michael Ecker, an Andover Bank employee, witnessed the event from across the street while waiting to use the crosswalk. Mr. Ecker said he could tell words were being exchanged between a teen in a Bruegger's shirt and another teen, but could not tell what was being said.

He told police "that the Bruegger's employee was aggressively confronting the other boy, who kept backing away from him. All of a sudden Mr. Gendron punched (the Andover teen) in the face, then punched him again as he fell, then began kicking him 'viciously,' and seemed to be trying to 'get him in the head.'"

"He kicked him in the head a couple of times and the kid was down," said Mr. Ecker, Tuesday.

Mr. Ecker crossed the street to intervene but Mr. Gendron had already gone back into the bagel shop.

When police arrived they found the Andover teen on the ground in front of Chocolate by Design, holding a bag of ice to his right eye. He was with the group of friends who had been asked to leave Bruegger's.

A note was later tacked to the *Townsmen* door asking people to boycott the shop because of this incident.

Beth Schapira, a Doherty Middle School student and friend of the teen

allegedly assaulted, admitted in a letter to the *Townsmen* that occasionally "some of my friends get a bit wild and obnoxious and are asked to calm down." However, she said that on Friday they were wrongly accused of certain behavior and were treated poorly.

"We were soon kicked out and one of the workers there ran after one of my friends for no apparent reason. The worker shoved my friend into a trash can, sending it flying into the street, and then hit him, giving him a black and bloody eye. Of course, he had to finish it off by painfully kicking my friend violently while he was also cursing at him," she said in the letter.

Jonathan Stilianos, owner of the Andover Bruegger's, said Mr. Gendron had been off-duty for approximately 15-20 minutes when the incident on Main Street occurred.

"I'm not involved. I don't know how to stress that enough," said Mr. Stilianos. "This kid was waiting for a ride to go home."

RSVP names new members

The Greater Lawrence Retired and Senior Volunteer Program, sponsored by the Merrimack Valley Chamber of Commerce, recently appointment three new advisory council members.

Joseph Sweeney, chairman and public relations manager of AT&T, welcomed the new members at the Jan. 13 advisory council

meeting held at Prescott House in North Andover. They are Phebe Goldman, executive director of Visiting Nurse Association Home Care Inc. of Andover; Ana Abascal of Lawrence, a volunteer on community councils and boards in the city; and Alice Ricca, activities director of Prescott House Nursing Home.

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NEWS IN BRIEF

League to discuss domestic violence

The League of Women Voters of Andover/North Andover will hold two meetings on domestic violence: one on Tuesday, Feb. 14, at noon at Ila Cox's home, 56 Central St., Andover, and one on Thursday, Feb. 16, at 7:30 p.m. at Martha Paisner's home, 9 Royal Crest Drive, North Andover.

The purpose of these meetings is to evaluate the findings of the study committee about domestic violence in this area, and to determine what measures should be strengthened or changed regarding prevention of domestic violence and care of abused women in this state. Chairman of the local study is Jan Burkholder.

These meetings are open to the public. For further information, call Ms. Burkholder at 475-1232.

Chamber to host forum with senators

The Government Affairs Committee of the Merrimack Valley Chamber of Commerce will present the third annual State Senators Breakfast Forum Friday, Feb. 10, from 7:30 to 9:15 a.m. at Red Tavern Function Facilities, 5 Pleasant St., Methuen.

Senators James Jajuga, Daniel Leahy, John O'Brien Jr. and Bruce Tarr will present the issues before the state senators in 1995.

Tickets are \$14 reserved; \$15 at the door. For more information or reservations, call Merrimack Valley Chamber of Commerce at 686-0900.

Easter seals is seeking volleyball volunteers

Many volunteer opportunities exist for people who would like to get involved with the Easter Seal volleyball games, which will be held March 12 at Andover High School. Proceeds will support local Easter Seal services for



Photo by Lisa Adelsberger

Paramedics attend to 12-year-old Allison Sherman, of Henderson Avenue, after she was struck by a car at the intersection of Main and Chestnut streets at about 2:40 p.m. Monday. Allison, a sixth-grader at Doherty Middle School, was crossing Main Street when she was hit by a gray Dodge Aries driven by Angela Labella of Medford. Allison was knocked down but remained conscious. She suffered a bruised elbow and was taken by ambulance to Holy Family Hospital to be examined. The accident is under investigation.

children and adults with disabilities. For more information, call Deirdre Horgan at Easter Seals, 1-617-482-3375.

Rep. Coon named to Rules Committee

House Republican leader Ed Teague, R-Yarmouth, named Rep. Gary M. Coon, R-Andover, to the House Rules Committee.

The House Rules Committee establishes and recommends policy for the House and considers all orders, resolutions and petitions relating to recess studies and rules changes.

"I am pleased to name Gary to this key committee," said Mr. Teague. "He will provide valuable leadership in the rules committee and is an important part of the Republican team." "I am grateful for the confidence the

minority leader has shown in me," Mr. Coon said.

The recently appointed assistant minority whip previously served on the ways and means and federal financial assistance committees.

Cholesterol screening

The Andover Board of Health will hold a cholesterol screening clinic Wednesday, Feb. 22, from 9 a.m. to noon for Andover residents only. An appointment is necessary.

The simple fingerstick test for total cholesterol costs \$5 and does not require fasting. The program includes dietary counseling by the public health nurse and referral to your private physician for follow-up care as needed. For more information or an appointment, call the health department at 470-3800, Ext. 255.

Quote, unquote . . .

'Odysey is the only way they should be teaching art, lit and history ... to understand a culture.'

Garett Day, page 32

'If there was name-calling when I was growing up, I would ignore the hurt feelings and go. If there was a real problem, I talked it over with my mom or dad, and got over it.'

Bill Flynn, who graduated from Andover High in the special-needs program, page 32

'They get very isolated and lonely. A visit really perks them up.'

Sharon Souza, Council on Aging director, regarding volunteers working with homebound residents, page 33.

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POLICE LOG

ARRESTS

Tuesday, Jan. 31 - At 8:19 a.m., Luis E. Crespo, 38, of Lawrence, was arrested on a warrant for revoked registration, and for driving an uninsured vehicle without a license. He will receive a summons for operating after suspension and for driving without an inspection sticker.

At 9:02 p.m., Donald C. Croteau, 18, of Derry, N.H., was arrested for driving with a suspended license and with an unregistered vehicle.

Wednesday, Feb. 1 - At 6:22 a.m., Paul Pixos, 27, of Lawrence was arrested in Shawsheen Plaza and charged on a Lawrence warrant for disorderly conduct.

Thursday, Feb. 2 - At 3:34 a.m., Dennis Burm, 19, of 531 Lowell St., was arrested on Lowell Street and charged with operating under the influence (alcohol), failure to keep right, driving without an inspection sticker and being a minor transporting alcohol. Christine Blais, 18, of Rasmussen Circle, was arrested with Mr. Burm and charged with being a minor transporting alcohol.

Sunday, Feb. 5 - At 7:39, Gisela Baiz, 28, of Lawrence, was arrested on Route 110 in Methuen and charged with failure to stop for police, driving without a license and speeding. The car she was driving allegedly had a stolen license plate.

Monday, Feb. 6 - At 9:59 p.m., Carl

Rizzo, 20, of Methuen was arrested and charged on a warrant for breaking and entering and larceny.

At 11:06 p.m., Morris E. Harris, 40, of Haverhill, was arrested on Andover Street and charged with driving an uninsured and unregistered vehicle, with a suspended license and for attaching illegal plates.

INCIDENTS

Tuesday, Jan. 31 - At 12:01 p.m., a High Plain Road resident reported seeing a reckless driver while waiting for her child's school bus. She had made prior complaints about this same driver.

Wednesday, Feb. 1 - At 6:59 a.m., a mean German shepherd was reported walking into cars on South Main Street, causing traffic problems. An officer was unable to approach the dog and the animal eventually ran into the woods.

At 7:17 p.m., a 209A restraining order was served on North Main Street.

At 9:15 p.m., a Beacon Street resident reported her soon-to-be ex-husband and his girlfriend came to the house. An argument ensued, and the girlfriend punched the woman and ripped jewelry off her neck.

Friday, Feb. 3 - At 3:15 p.m., a Cardinal Lane resident reported a woman and a bare-chested man in the woods behind her house. Police

checked the area but found nothing revealing.

At 4:32 p.m., a worker at Phillips Academy's Isham Infirmary requested police pick up and analyze a container found on campus.

At 11:14 p.m., a Morton Street resident reported she forgot to renew a restraining order against her boyfriend and he was calling to harass her at work. The woman planned to go to court to renew the order.

Saturday, Feb. 4 - At 11:09 a.m., a Shepley Street resident reported seeing an apparently intoxicated female on his front lawn. Police drove the woman home.

Sunday, Feb. 5 - At 12:12 p.m., police assisted with a smokestack fire on Samos Lane.

Monday, Feb. 6 - At 4:48 p.m., a Lillian Terrace resident reported her son received a threatening phone call from a woman.

ACCIDENTS

Wednesday, Feb. 1 - At 7:40 a.m., a security guard at the Internal Revenue Service Center on Lowell Street reported an accident at the Interstate 93 overpass.

At 8:40 a.m., a minor accident was reported near the fire station on North Main Street.

At 1:30 p.m., Jim Sutton, library director, reported that a woman had informed him of a hit-and-run acci-

dent in the library's back lot.

Thursday, Feb. 2 - At 5:33 a.m., an ambulance assisted at an accident between exits 44 and 45 on I-93. State police handled the call.

At 7:35 a.m., an accident without injuries

(Continued on page 5)

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POLICE LOG

(Continued from page 4)

was reported near 338 Salem St.

At 10:08 a.m., a minor accident was reported near 20 Main St.

At 12:17 p.m. a hit and run was reported near 93 N. Main St.

Friday, Feb. 3 - At 3:34, an ambulance assisted state police with an accident on I-93, transporting a person with a head injury.

Saturday, Feb. 4 - At 4:47 p.m., a complaint was issued for operating without a license and passing on the right after an accident near 173 N. Main St.

At 7:51 p.m., a Quail Run resident reported that a snow plow ran over his mailbox.

At 8:08 p.m., a truck was rear-ended near 205 Lowell St.

Sunday, Feb. 5 - At 12:55 p.m., a Belle Haven Drive resident reported a plow knocked down her mailbox.

Monday, Feb. 6 - At 2:33 p.m., an Argilla Road resident reported a car slid off the road and ran over her mail box.

At 3:16 p.m., an officer reported damage to a police cruiser.

BREAKS

Wednesday, Feb. 1 - At 10:18 a.m., an officer reported that the front door of a Jenkins Road home has been kicked in. Nothing appeared to have been touched inside. Owners were contacted by their alarm company.

Thursday, Feb. 2 - At 9:10 a.m., someone gained entry to 1 Elm Square and damaged property.

THEFTS

Thursday, Feb. 2 - At 6:37 p.m., an Osgood Street resident reported items missing from his residence.

Monday, Feb. 6 - At 11:42 p.m., a man reported the theft of a cellular phone from his car on Lowell Street.

CAR BREAKS

Tuesday, Jan. 31 - At 1:21 p.m., a Market Basket employee reported a white male breaking into an employee's vehicle at rear

of Shawsheen Plaza store. An officer observed a man leaving the area with another man in a 1986 Cutlass Ciera.

Friday, Feb. 3 - At 12:10 p.m., a Lucerne Drive resident reported his car broken into at the Ninety-Nine Restaurant on Lowell Street less than an hour earlier.

At 9:38 p.m., a car break was reported at Rolling Green Ramada Hotel on Lowell Street.

CAR THEFTS

Tuesday, Jan. 31 - At 9:38 p.m., a 1993 green Honda Accord was stolen from a Lowell Street parking lot. (The Honda was recovered the next morning in Methuen. Four tires were missing and there was damage to the ignition and door lock.)

Wednesday, Feb. 1 - At 2:09 a.m., a tan Mazda 323, reported stolen from Lawrence, was recovered at the Rolling Green Ramada Hotel on Lowell Street.

Monday, Feb. 6 - At 7 p.m., a Newburyport resident reported that her gray 1989 Jeep Cherokee was stolen from the Andover Marriott's lot sometime during the weekend.

VANDALISM

Tuesday, Jan. 31 - At 12:57 a.m., a motor vehicle on Ballardvale Street was reported to have all of its windows smashed.

At 11:45 a.m., a Moraine Street woman reported what appeared to be bullet holes in the siding of her house, underneath her front bay windows.

Wednesday, Feb. 1 - At 7:32 a.m., security at Mast Industries, 100 River Road, reported a large window was smashed overnight.

At 9:24 a.m., damage was reported to a motor vehicle at 1 Corporate Drive.

Friday, Feb. 3 - At 9:17 p.m., a window at a South Main Street residence was reported broken.

Saturday, Feb. 4 - At 10:45 a.m., a guest's car was reported vandalized at the Andover Marriott.

The police log was compiled by Neil Fater.

Local realtors honored for sales

Jody O'Brien and Edward "Buzz" Rouillard, realtors with Century 21 Carriage House, received the Century 21 Pace Setter Award for 1994 at the Century 21 Fall Fest '94 recently held at the Sheraton Tara in Danvers.

"This is quite an honor for Jody and Buzz. In order to earn this award, an agent must make \$25,000

in gross closed commissions in one quarter," said Pamela Lebowitz, broker/owner of Century 21 Carriage House, 10 High St.

Ms. O'Brien, a native of Andover, lives at 7 Cedar Lane. Buzz Rouillard lives at 131 Chandler Road with his wife, Barbara, and their two children.



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A new Victorian Treats



At left, Victorian Treats owner Lucy Bernardin shows off some of her wares in her new shop at 68 Park St. Victorian Treats was formerly located in the front of the Bernardin Insurance building on Main Street.

The move allowed Ms. Bernardin to double the size of her store. It has also allowed Ms. Bernardin to expand the line of goods she carries. She will still have the hand-made English toffee, British rice paper boxes and Prindable's chocolate-covered pretzels and apples, but is also adding a line of loose teas, hand-made Lilo hats and Emma Bridgewater pottery.

There is plenty of parking at the new shop and Ms. Bernardin said she likes the way people come in to browse through the shops in the area.

Photo by Lisa Adelsberger

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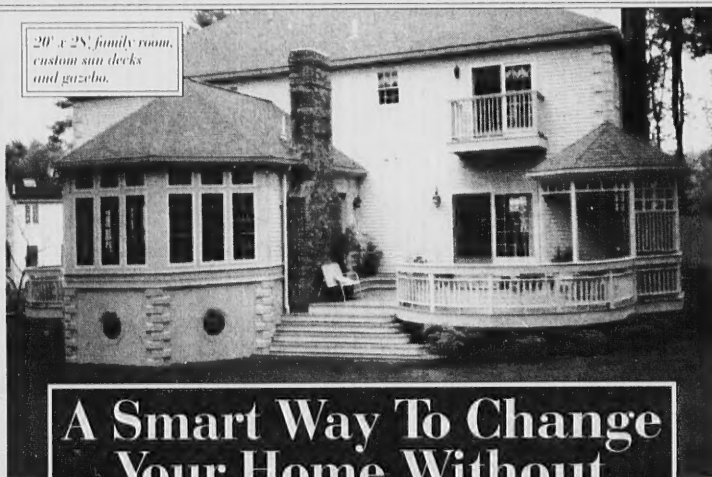
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BUSINESS

Cheri Apelian

Cheri Apelian of J. B. Doherty Associates recently had conferred upon her the designation Graduate, Realtor Institute (GRI) by Massachusetts Association of Realtors president Deborah Dwyer.

The GRI designation signifies 90 hours of advanced in-class real estate education.



Cheri Apelian

Realtors name officers

Nancy B. Norbedo from Burke Real Estate in North Andover was recently sworn in as the 39th president of the Greater Lawrence Board of Realtors during a ceremony at the Indian Ridge Country Club.

Ms. Norbedo, a member of the realtor association since 1980, has held numerous leadership positions within the association, including serving as the president-elect and treasurer.

Also sworn into office were the following officers and directors: President-elect Janet M. McLennan, C21 McLennan and Company, Methuen; First Vice President Susan H. Noble, CRB Carlson Real Estate, North Andover; Secretary Marjorie K. Butland, CRS, GRI, The Victor Company, Inc., Methuen; Treasurer Joseph D. Fisichelli, Re/Max Preferred Inc., Methuen; Directors **Christopher S. Doherty**, JB Doherty Associates, Andover; Ronald R. Landry, Harvest of Homes, North Andover; Arthur Richter, Property Consultants, Lawrence.

Glen Harvey

Glen Harvey, acting executive director of The Regional Laboratory for Educational Improvement of the Northeast and Islands, has been selected by the Massachusetts Board of Education from a pool of more than 900 applicants to serve on the state's Racial Imbalance Council for a three-year term.

"I'm very excited about serving on this committee," said Mr. Harvey. "Our work at the Laboratory is centered around the goal of making it possible for all students to reach high standards in education. I am so pleased to know that my state has made this a priority and created a council to focus solely on this issue - to be chosen as a member of that committee is an honor for me."

David I. Solomon

Jerry Silverman, president of Stride Rite International Corp., recently announced the appointment of David I. Solomon as vice president of finance and operations. He will oversee the financial planning, budgeting operations and inventory for Stride Rite International, a division of The Stride Rite Corporation.

"David brings over 11 years of international experience to Stride Rite encompassing private industry and public accounting. His leadership experience and financial planning skills will be a real asset to us moving forward," Mr. Silverman said.

Mr. Solomon joined Stride Rite in October from the Timberland Company, where he most recently held the position of director of international finance. During his three years at Timberland, he also was director of internal audit. Mr. Solomon is a CPA who was an auditor senior manager at Deloitte & Touche for eight years.

He holds a master's degree in tax-

ation from Bentley College and a bachelor's degree in business administration from Boston University.

Mr. Solomon lives on Abbot Bridge Drive with his wife, Debra, and daughter, Jennifer.

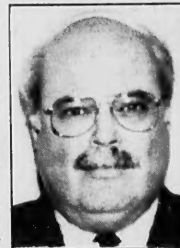
Heidi Wolfman

Heidi Wolfman, branch executive of the Andover-North Andover branch of the Merrimack Valley YMCA for 15 years, retired at the end of December. Since coming to the Y in 1980, Ms. Wolfman has helped the membership grow from 3,500 to 7,300. The recent building expansion, completed this September under her leadership, has increased the size of the original building by more than 50 percent.

John E. Callanan

John E. Callanan, of 4 Greybirch Road, has been named president of the Footwear Products Division of The Biltrite Corporation. The move is part of an effort by the company to strengthen its position in shoe-bottoming.

Mr. Callanan brings to his new post 20 years of industry experience. For the past six years he has served as VP of sales at P. Clayman & Sons/Frelonic, and prior to that he spent 14 years in production and sales at Monarch Rubber.



John Callanan

Howard Brinton, one of the real estates industry's leading speakers. Ms. Montalto discussed how she became the No. 1 Re/Max broker in New England (1994 figures recently released), and No. 39 internationally (out of 38,000 agents). She credits recent gains to an intensified focus on her team approach to the industry, allowing her to give buyers and sellers what she calls, "5 Star Service." Her expertise in corporate relocation has earned her respect nationwide by her peers, who on a daily basis send relocation business her way. The refined system allows her to concentrate on prospecting, listing, selling and negotiating. Her program aired Feb. 8, and will air again Feb. 14 nationally on the new Re/Max Satellite station.

John R. Massaua

Millbrook Distribution Services, a wholly owned subsidiary of San Francisco based McKesson Corporation, recently announced the appointment of Andover resident John R. Massaua to the position of senior vice president of purchasing/merchandising. Mr. Massaua was responsible for the introduction to New England of the first food and drug combo stores when he served with Shop-Rite Supermarkets, East Hartford, Conn., as executive vice president. He was also a founding officer of Staples: The Office Superstore in Framingham. He has held similar positions to the one he assumes at Millbrook with Imperial Distributors Inc. of Auburn; A.L.P./Freddy's L.P., Rochester, N.Y.; and Nature Food Centres in Willmington.

Mr. Massaua did his undergraduate studies at Fordham University, where he received a BS degree in marketing, and he holds an MBA from Fairleigh Dickinson University. He resides with his family in West Andover. His wife, Janice, is an education supervisor with the Head Start in Lawrence.

Lillian Montalto

Re/Max International recently flew Lillian Montalto to Denver, Colo., to appear on the new Re/Max Satellite Network. She was interviewed by

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Raytheon reports record earnings

Raytheon Company reported record 1994 earnings of \$759.2 million, or \$5.74 per share, excluding a special charge in the first quarter, compared with 1993 results of \$693 million, or \$5.11 per share.

Spurred by increased commercial sales in engineering and construction, aircraft and appliances, Raytheon's total 1994 sales were \$10 billion, the highest in the company's history, and an 8.8 percent increase over 1993 sales of \$9.2 billion.

"Our 1994 results reflect the success of Raytheon's strategic transition to a commercial company," said Dennis J. Picard, Raytheon's chairman and chief executive officer.

The company also reported record fourth-quarter 1994 sales, net income and earnings per share - of \$2.729 billion, \$205.7 million, and \$1.61, respectively - with the commercial segments showing solid growth in sales and profits, offsetting a decline in defense sales and profits in the quarter. The fourth-quarter 1994 results compare with sales of \$2.517 billion, income of \$185.4 million and earnings per share of \$1.37 for the fourth quarter of 1993.

Leaders discuss giving

More than 60 leaders from the Merrimack Valley attended the orientation of trustees and corporators of the Merrimack Valley Community Foundation.

Local participants included Elton B. McCausland of Shawmut Bank, Andover; Jeremiah Minihan of Raytheon Co., Andover; Karl Gladstone of K. G. Associates, Andover; and Andover residents, Bob Needham of Needham Advisory; Robert L. Clark, chairman of the Merrimack Valley Community Foundation; Naomi A. Gardner; Linda Carpenter; Leonard

Wilson, president of First Essex Bank; John Waters, head of Pike School; Robert Barry of John Hancock; attorney Peter J. Caruso; Norma K. Clarke, vice president of Open Software Foundation; and Robert Lionette, executive director of the Merrimack Valley Community Foundation.

The board heard remarks by Newell Flather, president of Grants Management Associates of Boston, about the role of community foundations, and by Marshall Shell, vice president for development for the Boston Foundation, about the responsibility of the community foundation in attracting planned giving and family trusts.

Andover company donates technology

Educators and students in Lawrence will be able to get all the facts about AIDS, thanks to a new database donated by The Regional Laboratory for Educational Improvement of the Northeast and Islands, which has its offices at 300 Brickstone Square.

The Lawrence school district, which already has a strong technology base, will have access to a listing of more than 3,000 AIDS education resources. Along with the database, the Laboratory is giving the district Lotus Notes, the computer program with which the database was created. With Lotus Notes, the Lawrence school district will be able to locally expand the database as well as create other databases to store and organize all types of

information. Lotus Development Corporation gave the program to the Laboratory, a member of the Lotus Education Consortium, to pilot in a select number of schools.

A recent fire destroyed many of the resources in the Massachusetts Prevention Center, which provides information on AIDS and other health issues to schools throughout the Merrimack Valley. The database will replace and add to the resources that were lost in the fire.

The resources themselves are located at the Laboratory in Andover and are available on loan to educators throughout New England, New York, Puerto Rico, and the Virgin Islands.

Lawrence has made technology a priority in the classroom.

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STEVE

Search committee granted of some leeway

By Neil Fater

The School Committee gave the superintendent search committee a broad philosophy statement and a general outline of key school issues Monday, Feb. 6, to help guide the search committee as it chooses finalists for the superintendent position.

Although Bill Huston, School Committee member, called the information "pretty vague," and pushed for the committee to be more specific about what it wants in a new superintendent, other committee members said that providing more specific information would bias the prospective superintendents' responses.

Susan Dalton, committee secretary, said she wants to hear the candidate's belief system, "rather than me telling them what it should be."

She said it's time for the School Committee to let the search committee perform its task.

"This committee is really taking upon themselves to

'If I was a teacher, I'd be up in arms that there's no teacher on the screening committee.'

Eileen Sharkey

develop whatever set of questions they feel appropriate," said Ms. Dalton. "You guys are boss right now."

"We as (the School) Committee have a responsibility to remain somewhat aloof," she said.

Eileen Sharkey, West Parish Drive, said that without teachers the screening committee has a "very, very narrow perspective," and again asked the School Committee

why Andover teachers were not included on the search committee.

Ms. Dalton responded that educators from other towns are included on the committee and that Andover teachers will meet with those candidates who make it through the initial screening process.

"But the screening committee represents all of you (School Committee members), it doesn't represent the teachers," said Ms. Sharkey. "I'm a parent in this town. If I was a teacher, I'd be up in arms that there's no teacher on the screening committee."

"The issue has been well

discussed," said Ms. Dalton. "It was not something that was decided in a heartbeat."

Linda Young, search committee member, said she wants to talk to the school principals about what issues they feel are most important. Mr. Huston recommended that the committee review each School Council's improvement plan to get an idea of what each school community favors.

"It sounds like the community

would also like you to talk to teachers and students," he said.

According to Candace Hall, personnel director and committee member, as of Monday approximately 33 candidates had responded to Andover's request for applicants. The deadline for responses is Saturday, Feb. 18.

The search committee meets next Thursday, Feb. 16, at 5:30 p.m. in the School Administration building.

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Your Dental HEALTH

by Richard D. Hopgood, D.M.D.

THE FIRST VISIT

The American Academy of Pediatric Dentistry recommends that a child first visits the dentist within six months of the arrival of his or her first tooth. At the very latest, the first appointment should be scheduled no later than by the time he or she reached 18 months of age. Visits to the dentist early on help children familiarize themselves with the workings of the office and the routine of regular professional oral care. The goal is to make a child as comfortable as possible with the idea of seeing the dentist regularly and maintaining oral health. Early visits also enable the dentist to make a determination as to whether a child needs fluoride supplements. Because fluoride may be the largest factor in reducing cavities early on in life, its importance cannot be understated.

If you would like more information on how to get your child's dental experience off to a good start, we welcome your call at 475-2431. We also hope you'll celebrate National Children's Dental Health Month with us. The American Dental Association designates February as a time to increase dental awareness and to stress the importance of regular dental care. Participate in this event with an appointment for complete dental care at 296 Lowell Street, Rt 133, with easy access off Rt 93. Office hours are Mon & Thur 10-8, Tues & Fri 8-6, & by appointment. P.S. The dentist may also apply a fluoride gel to a child's teeth during checkups.



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NEWS FOR SENIOR CITIZENS

By Sharon L. Souza

Exercise and dance, and beginners' line dance with Kay Marsan, began Monday, Feb. 6. Her Thursday afternoon line-dance class begins today, Feb. 9. Anyone interested in any of these classes can sign up any time.

There is a morning coffee club at the Senior Center every Thursday from 8:30-10 a.m. All seniors are welcome.

The Widow/Widowers Support Group will meet Thursday, Feb. 23, at 1 p.m. at the Senior Center. Everyone is welcome.

The Senior Center Valentine party will be held Tuesday, Feb. 14, at 11:30 a.m. Dinner and entertainment will be followed by a romantic movie. Tickets are \$4. All seniors are welcome.

A glucose screening will be held by the Andover Board of Health at the Senior Center on Tuesday, Feb. 14, from 8-10 a.m. Call the center for an appointment. You need to fast for three hours before the test. For more information, call the Senior Center or the board of health.

Certified tax preparers are available at the Senior Center to help prepare tax returns free of charge. Call for more information and to make an appointment.

Volunteers are needed for our medical transportation program. Drivers are needed for the Merrimack Valley and Boston areas. Call Olivia at 470-3800, Ext. 291, between 9 a.m. and 1 p.m.

Wednesday, Feb. 22, Joe Boccia and his keyboard will provide music for dancing and sing-along from 12:30-2 p.m.

Join us for a sleigh ride at Charmingfare Farm in Candia, N.H., Tuesday, February 28, from 1-4 p.m. We'll stop for a campfire and snacks. A bus will be available. Approximate cost is \$25.

Darren Foss from New York Life will give a talk on "Protecting Your Nest Egg" Thursday, Feb. 16, at 12:30 p.m.

Hearing testing will be done at the Center Friday, Feb. 17, by MCL Hearing Assoc. and on Thursday, Feb. 23, by Miracle Ear, free of charge. Call for an appointment.

The Haven Associates will hold their monthly meeting Thursday, Feb. 16, at 1:30 p.m. All members are invited.

Senior menus

Monday: Fried chicken, oven-brown baby potatoes, peas, cranberry sauce, whole grain bread, chilled pineapple.

Tuesday: Valentine's party. Chicken cordon bleu, gravy, whipped potato, mixed vegetables, tossed salad, rolls and butter, straw-

berry shortcake.

Baked vegetable lasagna, garden salad, French bread and butter, fresh fruit.

Wednesday: Baked stuffed pepper with tomato sauce, parslid potatoes, wax beans, whole grain bread, lemon square.

Thursday: Baked stuffed shells with ricotta cheese, tomato sauce, tossed salad, whole grain bread, ice cream.

Friday: New England clam chowder, tuna salad in Syrian pocket, macaroni salad, fresh fruit.

A choice of milk, coffee or tea is available daily.

For reservation, call 470-3830 before 2 p.m. on the business day before the lunch you plan to attend. Breaded veal patty will be served Monday, Feb. 20, and a turkey dinner on Tuesday, Feb. 21.

All menus are subject to change.

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1/3 CT T.W.*	Was \$1458	NOW \$729
3/8 CT T.W.*	Was \$1998	NOW \$999



Heart Pendant

1/4 CT T.W.*	Was \$398	NOW \$199
1/2 CT T.W.*	Was \$698	NOW \$349
1 CT T.W.*	Was \$1198	NOW \$599



Heart Cluster Pendant

1/4 CT T.W.*	Was \$298	NOW \$149
1/2 CT T.W.*	Was \$798	NOW \$399
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FINANCIAL STRATEGIES

by Ronald R. Hill, CLU, ChFC



THE EARLIER, THE BETTER

The following examples provide proof that it pays to start saving for retirement as early as possible: First, consider the case of the 25-year-old employee who sets aside \$100 every month. Assuming that he or she got an 8% annual rate of return in a tax-deferred investment, his or her nest egg would grow to about \$350,000 by age 65. Now, take the case of the 35-year-old who followed the exact same retirement savings plan. By delaying his or her retirement savings program by just ten years, he or she would have ended up with only \$200,000 by age 65. The moral of this little financial tale is that those who wait to contribute to their retirement plans not only delay on accumulating principal, but they miss out on the magic of tax-deferred compound interest, as well. Beginning as soon as you can to accumulate assets toward your eventual retirement is one of the most compelling of our financial necessities. Beginning - on whatever level you can afford to do so - is the key thing. Please let us help you work out a good investment schedule and select the investments that will meet your needs.

BAYSTATE FINANCIAL SERVICES is New England's oldest and largest full-service financial planning firm. We offer a wide array of financial plans in the areas of individual investments, life and disability insurance, estate planning, retirement, and education planning. You will find in us a partner who can offer sound financial and investment counseling. Please call us at 475-9212 for more information or to schedule an appointment. Our office is conveniently located at 10 Essex Street here in Andover. For your convenience, we also have an office located at 100 N. Washington St. in Boston (617-523-4500). Written and verbal references are available upon request.

HINT: Aside from saving early, you must invest well in order to beat inflation. At a conservative 4% rate of inflation, today's dollar will be worth 46 cents in 20 years.

NEWS FOR SENIOR CITIZENS

Day trips planned

Andover Haven has planned the following day trips: Feb. 15, lunch and entertainment at The Colonial in Lynnfield; and March 17, St. Patty's Day at Danversport Yacht Club.

Extended trips include Agrigento, Sicily, Feb. 21-March 1; Greece, Feb. 25-March 8; Cocoa Beach, Fla., March 13-20; Irish Cabaret, White Mountain Hotel, March 26-28; Branson, Mo., April 27-May 1; Myrtle Beach, S.C., May 14-20; Pines Resort, Catskill Mountains, New York, May 15-19; Scotland, May 20-28.

For information or reservations, call Oscar Rosenberg or Dorothy Bresnahan.

VNA offers helath clinics

Visiting Nurse Association (VNA) HomeCare of 1 Union St. offers free elderly health clinics throughout the Merrimack Valley. The clinics are conducted by VNA registered nurses and sponsored in part through town funds and through funding from the Older Americans Act as granted by Elder Services of the Merrimack Valley.

The clinics focus on preventive care and assist elders in maintaining good health through blood pressure checks, weight management and nutrition and medication counseling. The clinics are free, open to the public and handicapped accessible.

Clinics in Andover are staffed jointly by VNA HomeCare and the Andover Health Department. Clinics will be held Monday, Feb. 13, at Andover Commons and Monday, Feb. 27, at Frye Circle from 1 to 3 p.m. both days.

Call the health department at 470-3800,

Ext. 255, or VNA HomeCare at 470-1615, Ext. 221, for further information.

Stroke group meets Feb. 16

The Merrimack Valley Area-Lawrence East Seal Society Stroke Support Group will meet Thursday, Feb. 16, at 1:30 p.m. at the Senior Citizen Center, 36 Bartlet St., Whittier Place. Joseph Freedman, a retired M.D. and registered financial planner, will speak about finances.

Easter Seal Stroke Support Group members include people who have had strokes, their families and friends. Monthly meetings provide peer support with programs that help promote understanding of stroke-related disabilities and how to cope with them.

Members of Easter Seal Stroke Support Groups have easy access to other Easter Seal services, including Easter Seal Home Health Care, therapeutic swim programs and the loan of specialized equipment.

For further information about Easter Seal Stroke Support Groups or other services, contact the Massachusetts Easter Seal Society at 1-800-922-8290.

Lifeline pagers available

Winchester Hospital offers Lifeline, a small paging device which can be worn around the wrist or neck. With a press of a button, a signal is sent to Lifeline Central. Once Lifeline personnel are alerted, they call the Lifeline subscriber at home. For further information, call Winchester Hospital at (617) 756-2657.

Sutton Hill Nursing and Retirement Center is hosting a workshop on "Exercise to prevent disease," Wednesday, Feb. 15. The workshop is free and refreshments will be served.

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Understanding Chiropractic

by Mark F. DeLorenzo, D.C.

BREATHING EASIER

Evidence that chiropractic treatment is appropriate for physical problems and symptoms other than back pain comes from an Australian study. Entitled "Effects of Soft Tissue Techniques and Chapman's Neurolymphatic Reflex Stimulation on Respiratory Function", the study's more simple conclusion is that spinal manipulation improves respiratory function in patients with subnormal lung capacity. This means that those who have suffered from asthma or bronchitis have reported improved breathing capacity after chiropractic treatment. The study goes on to say that there is a therapeutic value in using chiropractic technique as part of a comprehensive treatment plan for those who have a history of diminished lung capacity.

Chiropractic's success with asthmatics is well documented. And yet its purpose is not to treat respiratory diseases. At DELORENZO CHIROPRACTIC GROUP, our aim is to remove nerve interference or spinal stress - you might say that we care for the person who has the disease rather than the disease that has the person. We're located at 15 Central Street, where we provide safe and gentle chiropractic care. PH: 475-5042.

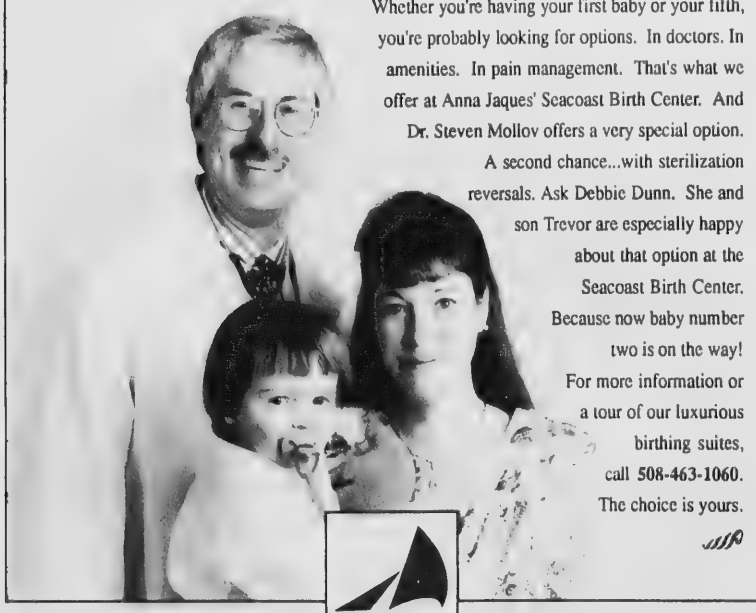
P.S. "The Australian study mentioned above does not indicate that people with normal lung capacity will experience significant respiratory benefit from chiropractic treatment."

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For more information or a tour of our luxurious birthing suites, call 508-463-1060. The choice is yours.

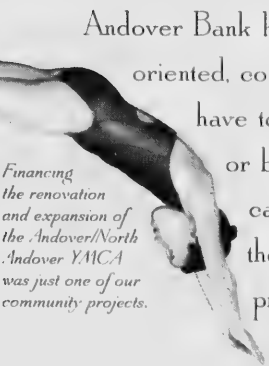


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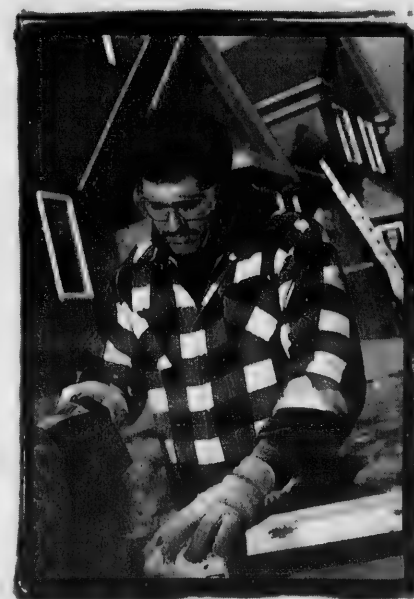
Andover Bank has always been a customer-oriented, community bank. In fact, you don't have to look very far to find a person or business in Andover that has called on Andover Bank to help them meet their financial goals. We pride ourselves on the fact that we provide Andover with more mortgage loans, more construction loans, and more small business loans than any other bank.

Financing the renovation and expansion of the Andover/North Andover YMCA was just one of our community projects.



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ON CAMPUS

Mary Pino of Andover received a certificate of achievement in Northeastern University's Paralegal Certificate Program on Dec. 21. She completed a 12-week program designed to provide a thorough understanding of the legal profession, covering five specific areas of the law: research, probate, real estate, corporate law and litigation.

Curt Solomon, son of Martin and Arlene Solomon of Andover, has earned high honors during the 1994 fall semester at Skidmore College in Saratoga Springs, N.Y.

Highest honors are awarded for a quality-point ratio of 3.67 or more from a possible 4.0.

Michael J. Belrne of Andover was named to the dean's list at North Shore Community College in Danvers for the fall 1994 semester. Mr. Belrne is studying fire-protection and safety techniques.

Michael Bor, son of Ann Bor of Andover and the late Thomas Bor, has been named to the dean's list at Lehigh University for the fall semester. The junior is majoring in business and finance. The Phillips Academy graduate is the president of his fraternity at Lehigh.

Two Andover residents were named to the fall 1994 dean's list at Bradford College in Haverhill. They are: **Glenn E. DiBenedetto**, a junior, and **Deborah F. Salmons**, a senior.

Christopher H. Jones of Andover, a finance major at the University of Massachusetts Dartmouth, has been named to the dean's list.

David Carbonneau of 27 Topping Road has been named to the dean's list at Johnson & Wales University in Providence, R.I., for the fall term. He is majoring in food service management.

Rebecca Ann Crispo, daughter of Mr. and Mrs. Frederick W. Crispo of 8 Tilton Lane, has been named to the dean's list at UMass Amherst for the 1994 fall semester. The sophomore is a psychology major.

Her brother, **Richard F. Crispo**, has been named to the dean's list for the fall semester at Worcester Poly-



Mary Pino

technic Institute in Worcester. The first-year student majors in electrical engineering.

Mark A. Cutler of 5 Tobey Lane has been named to the dean's list at St. Lawrence University in Canton, N.Y., for academic achievement during the fall 1994 semester.

He is a graduate of Andover High School.

Two students from Andover have been named to the dean's list for the first semester at Saint Anselm College in Manchester, N.H.



Andrea Lynn Biondo

Biondo a biology/premed major, and **Laura A. Cavicchi**, a nursing major.

Ms. Biondo is the daughter of Mr. and Mrs. John J. Biondo of 5 Hansom Road. Ms. Cavicchi is the daughter of Mr. and Mrs. Paul F. Cavicchi of 24 Wild Rose Drive.

Erik Dahlstrand of Andover, a sophomore majoring in biology at the University of Rochester, has been named to the fall 1994 dean's list for academic achievement.

Mr. Dahlstrand is a gradu-

ate of Andover High School.

Amy A. Daniels of 275 North Main St. was named to the first semester dean's list at Lafayette College in Easton, Pa.

Cara DeMarco, daughter of Justin and Marie DeMarco of Andover, has been named to the dean's list at Flagler College in St. Augustine, Fla. The 1991 graduate of Brooks School is double-majoring in education and deaf education.

Diane Ellsworth, daughter of Mr. and Mrs. Donald K. Ellsworth of Rose Glen Drive, has been named to the dean's list at Hamilton College in Clinton, N.Y., for the 1994 semester.

A student is placed on the dean's list for earning an average of 90 or above during the term.

Ms. Ellsworth, a sophomore, is a graduate of Andover High School.

Kimberly G. Hall, daughter of Jeffrey L. and Dianne Hall of Andover has been named to the dean's list at Salem State College for the 1994 fall semester. The junior is majoring in early childhood education.

Bonnie (Ross) Heiferman, daughter of Barbara and Bob Ross of Buxton Court, received an associate of science degree in radiologic technology from Palm Beach Community College in Lake Worth, Fla., in December. She graduated with high honors and placed third in her class.

Ms. Heiferman is employed by a hospital in Lake Worth. She and her husband, Allen, live in Lake Worth with their 5-year-old daughter, Nicole.

Catherine Kendrick, a junior at Berkshire School in Sheffield, has earned high academic honors for the second marking period and the entire first semester. The achievement requires a grade-point average exceeding 3.5. Ms. Kendrick is the daughter of Charles and Suzanne Kendrick Jr. of Andover.

John and Stephen Kulcsar of Andover have been named to the dean's list at the University of Dayton in Dayton, Ohio, for the 1994 fall

The deadline for school news & info for the next issue is Friday, Feb. 10, at 5 p.m.

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(Continued on page 18)

Local students named to Phillips Academy honor roll

Phillips Academy has announced the names of students on the honor roll for the 1994 fall trimester. Students must maintain at least a 5-point grade average on a 6-point scale.

Andover students are: Sarah Akerman, daughter of William and Cynthia Akerman; Joseph Alsop, son of Joseph W. and Candice A. Alsop; Kimberly Ballard-Perrin, daughter of Bob Perrin and Leslie Ballard; Alison Bartlett, daughter of John and Maria Bartlett; Nikhil Bilwakesh, son of Kashi R. and Chompa K. Bilwakesh; Ashley Bourland, daughter of Andrew Bourland and Cathy London; Vanessa Buia, daughter of Ronald W. and Carlene D. Buia; Stephen Carter, son of Steve and Adele Carter; Dean Chiungos, son of John and Victoria Chiungos; Melissa Ciaccia, daughter of Peter and Linda R. Ciaccia; Elizabeth Clinkenbeard, daughter of Joel L. and Jeannette B. Clinkenbeard; John Cogliano, son of Paul and Ro Cogliano; Hannah Cole, daughter of Michael and Wendy Cole; Aaron Cooper, son of Ronald and Rebecca H. Cooper; Raj Dandage, son of Subhash and Kanchan Dandage; Gregory Dennis, son of

Jeffrey and Jeanne Dennis; Jason Der Ananian, son of Sam and Gail Der Ananian; Carly Detterman, daughter of Dan and Karen Detterman; Christopher Diamond, son of Rev. James and Barbara Diamond; Stephen Dietz, son of David and Kathy Dietz; Jessica Drench, daughter

of Peter and Tanya Drench; Hillary Dresser, daughter of Thomas L. Dresser; Julia Fleet, daughter of Stephen and Beth B. Fleet; Jonathan Fusco, son of Liberato and Joanne G. Fusco; Rachel Goldberg, daughter of Norman and Suzanne Goldberg; Kelly Grieco, daughter of James

and Jeanne Grieco; Lauren Hacker, daughter of Elliot and Barbara Hacker; Patricia Har, daughter of Henry F. Har and Judith J. James; Todd Harris, son of Frank and Bernadette Harris; Casey Higgins, daughter of Leslie Curley and George Higgins; Yeechin Huang, daughter of James and Patricia Huang; Julia Kim, daughter of Jung and Siena Kim;

(Continued on page 20)

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Photos by Lisa Adelsberger

Students at South School celebrated the start of Chinese New Year with a traditional parade, complete with dragon and fireworks.

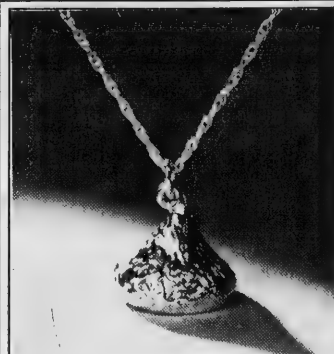


Principal Eileen Woods explains to the students how Chinese New Year is viewed as a new beginning. The students went home Friday with a Chinese calendar placemat, fortune cookies, crafts and a New Year greeting wallet.



Allison Abreau, Jaclyn Harrold and Lea Ventura are in front (at bottom); Col-in Brand and Julia Shin are in the middle (at left); and Alex Pancorbo, Derek Cuneo, Philip Lucas and Bobby McLaughlin are in the back row.

The deadline for school news & info for the next issue is Friday, Feb. 10, at 5 p.m.



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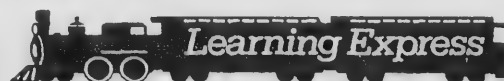
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with Jean Fitzgerald & Pamela Lebowitz

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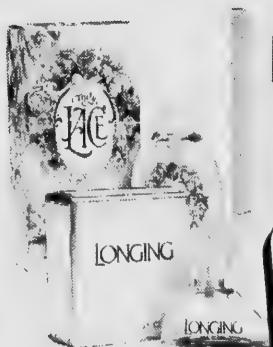
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ON CAMPUS

(Continued from page 14)
term.

The following students from Andover were named to the dean's list at the UMass Lowell for the 1994 fall semester: **Lynn A. Boulanger** of 101 North St.; **Derek J. Camarota** of 134 Elm St.; **Noella M. Denise** of 79 North St.; **Christopher L. Joel** of 6 School St.; **Scott C. Kimball** of 3 Dumbarton St.; **Michael S. Last-rina** of 2 Penobscott Way; **Gretchen K. Mathias** of 115 Andover St.; **Lyle E. Morgan** of 15 Shipman Road; **Faye K. Moyer** of 9 Dartmouth Road; **Peter J. O'Shea** of 40 Washington Ave.; **Henning W. Ohlenbusch** of 15 Smithshire Estate; **Jeremy M. Parker** of 19 Red Spring Road; **Laurie A. Pelletier** of 4 Bowdoin Road; **Bradley T. Reghitto** of 17 High Plain Road; and **Betsy E. Taylor** of 4 Elysian Drive.

Forty-four December graduates of the Northern Essex Community College Evening Option Registered Nursing Program, including **Barbara Morrison** of Andover, received their degrees and registered nursing pins at a ceremony at the student center on the Haverhill campus.

As part of the ceremony, the graduates recited the Nightingale Pledge and held a candlelighting ceremony.

The following area residents enrolled at Northeastern University have been named to the dean's list for the 1994 fall quarter.

College of Business Administration: **Douglas O. Bruk** of 23 Main St.; **Michael D. Marchlik Jr.** of 29 Rutgers Road and **Phillip J. Meckel** of 87 Ballardvale Road.

Bouvé College of Pharmacy & Health Sciences: **Michele D. Iulicucci** of 3 Pendant Court.

College of Engineering: **Francis J. Mahoney** of 100 Argilla Road and **George J. Proakis** of 9 Coventry Lane.

Tara Patenaude, daughter of Mr. and Mrs. Nile Strohman of 20 Tiffany Lane and Edward Patenaude of Rye, N.H., spent her winter break at her home in Andover. She is a first-year student at Ursinus College in Col-

legeville, Pa., and has been named to the dean's honor list for the 1994 fall semester.

Trina B. Norton and **Kevin D. Nusky** of Andover have been named to the dean's list at Roger Williams University in Bristol, R.I., for the fall 1994 semester. Students who complete 12 or more credits per semester and earn a quality-point average of 3.4 are placed on the dean's list for that semester.

Jennifer K. Thomson, daughter of Patricia and John Thomson of 13 Lowell Junction Road, has been named to the dean's list at Assumption College in Worcester for the fall 1994 semester. The accounting major is a member of the class of 1998.

Included among Tufts University students from Andover recently named to the fall 1994 dean's list were: **Donna P. Coppola** of 33 Brady Loop; **Matthew A. Levine**, 27 Florence St.; **Marc S. Elzweig** of 5 Woodhaven Drive; **Elisabeth A. Derby** of 63 Center St.; **Natalie G. Teperdjian** of 224 Chandler Road; **Ethan M. Krasnood** of 14 Candlewood Drive; **Linda C. Hsu** of 7 David Drive; **Diego E. Miranda** of 18 Hidden Field Drive; **Dana L. Wald** of 1 Spencer Court; **Allan J. Stratton** of 92 Central St.; **Douglas A. Gordon** of 16 Belknap Drive; and **Christine L. Dehne** of 21 Bateson Drive.

John Joseph Faldetta Jr., son of Diane C. Faldetta of 4 Nicoll Drive, was named to the dean's list at Vanderbilt University College of Arts and Science in Nashville, Tenn.

Teresa Chia-Wei Wang, daughter of Mr. and Mrs. Morris S. Wang of 6 Acropolis Circle, was named to the honor roll in the School of Engineering.

Kelly Walsh, daughter of Mr. and Mrs. William Walsh, has been named to the dean's

(Continued on page 19)

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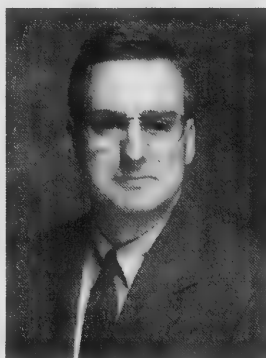
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ON CAMPUS

(Continued from page 18)

list at the University of Maine at Orono for the 1994 fall semester. The senior is majoring in elementary education and is a member of Chi Omega sorority.

Laura Walsh, daughter of Robert and Margaret Walsh of Andover, has earned high honors during the 1994 fall semester at Skidmore College in Saratoga Springs, N.Y.

Highest honors are awarded for a quality point ratio of 3.67 or more from a possible 4.0.

Cindy E. Weener, daughter of Elayne and David Weener of

Blueberry Circle has been named to the dean's list for the fall 1994 semester at Colgate University in Hamilton, N.Y. Dean's list status requires an average of 3.3 or above. Ms. Weener is double-majoring in English and elementary education. She has been accepted to the Colgate-sponsored study-abroad program in Manchester, England, for the 1995 fall semester.

Robert Devaney of Andover, a Boston University professor, was one of three professors who recently received the Deborah and Franklin Tepper Haimo Award for Distinguished College or University Teaching of Mathematics for 1994.

The award was established in 1991 to honor college or university teachers who have been widely recognized as extraordinarily successful and whose teaching effectiveness has had an influence beyond their own institutions. Mr. Devaney was presented with the award during the joint meeting of the Mathematical Association of America and the American Mathematical Society in San Francisco earlier this month.

Mr. Devaney was nominated by the Northeastern section of the Mathematical Association of America. He not only teaches

at Boston University on the undergraduate and graduate levels, but has initiated a highly technological program in mathematics that reaches out to Boston's inner-city students. He has also created lively programs for high school students throughout the New England area that have been instrumental in rejuvenating mathematical interest in students and teachers.

Mr. Devaney's professional interest centers in dynamical systems, or better known as chaos theory. Chaos theory is employed in many areas of science and engineering. Its appli-

cations are used, for example, to create models that predict dynamic changes in everything from weather and the motion of planets to demography and the spread of AIDS.

Mr. Devaney earned his undergraduate degree at Holy Cross College and a doctorate, in 1973, from the University of California Berkeley. He taught at Northwestern, Tufts and the University of Maryland before coming to Boston University in 1980. He served as chairman of the mathematics department at Boston University from 1983 to 1986.

He has held several visiting appointments throughout the world and has published five books and more than 50 articles.



Robert Devaney

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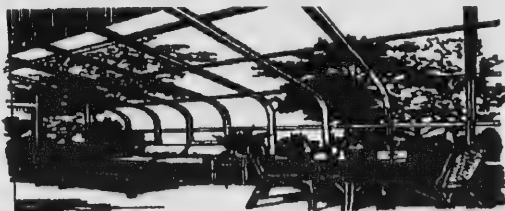
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Andover students named to PA honor roll

(Continued from page 15)

Michael Kish, son of Timothy M. and Jane F. Kish; Eve Klein, daughter of David and Susan Klein, Sonia Kwon, daughter of Oun J. and Susan F. Kwon; Joshua LeMaitre, son of Paul LeMaitre and Lucie Conliffe; Kirstyn Leuner, daughter of Richard J.C. and Jean D. Leuner; Daniel Liffman, son of Stanley and Dorothy Liffman; Jamie Lipman, daughter of Edward and Marlene Lipman; Drew Maletz, son of Roy and

Linda Maletz; Lauren Martin, daughter of Greg and Deborah Martin; Christina McDonough, daughter of Carol McDonough; Anh Nguyen, daughter of Mai T. and H.T. Kim Nguyen; Mary Noonan, daughter of James and Mary Noonan; Alexis Olans, daughter of Richard and Rita Olans; Pratap Penumalli, son of B. Reddy and Anuradha R. Penumalli; Jonathan Pytko, son of Steve and Linda Pytko; Hugh Quattlebaum, son of Ed and Ruth Quattlebaum; Daniel Rabi-

novitz, son of Allan and Linda Rabinovitz; Korok Ray, son of Ranjan Ray and Banosree N. Ray; Peter Robbins, son of Michael B. and Jill J. Robbins; Keith Robinson, son of Wyley G. and Susan-Ellen G. Robinson; Ariel Rogers, daughter of Rodney and Susan Rogers; Rachael Rotman, daughter of Stephen and Nancy Rotman; Amanda Schneider, daughter of Daniel and Margaret Schneider; Molly Seavey, daughter of Whitney and Eileen Seavey; Howard

Shainker, son of Arnold N. Shainker; Weston Smith, son of Murray and Lisa Smith; Melanie Spencer, daughter of Jerald L. and Ellyn E. Spencer; Abigail Spieler, daughter of Paul J. and Phyllis N. Spieler; Joanne Tao, daughter of Yee Chee and Mimi Tao; Nancy Tao, daughter of Yee Chee and Mimi Tao; Simone Thavaseelan, daughter of Perin and Thava Thavaseelan; Mark Tompkins, son of

Marianne and Dennis Tompkins; Nicholas Vantzelfde, son of Mark and Karen Vantzelfde; Yauvana Venkataraman, daughter of V.S. and Geeta S. Venkataraman; Meaghan Watt, daughter of William and Helen Watt; Emily Wegner, daughter of Robert and Johanna Wegner; Justin Weir, son of William and Haekyung Weir; and Ned Yetten, son of Raymond and Karen Yetten.

Mr. Andover High contest is Saturday night

By Alix Driscoll

The Mr. Andover High contest is this Saturday night, Feb. 11, at 7 in the Collins Center at the High School. This fundraiser for the junior class will feature 18 male contestants vying for the title and crown of "Mr. Andover High."

Directing this gala evening are Karen

Burke, junior class adviser, and Andrea DiBenedetto and Patrick Hess, both juniors.

The contest's format will include the introduction of contestants who will be dressed in casual wear, a talent competition and a dream-date scenario, with appropriate clothing. All contestants will entertain the audi-

ence with their group rendition of *The Electric Slide*.

According to Ellen Parker, assistant principal, this year's varied talent offerings include juggling, ping-pong expertise, poetry-reading, vocal work, lip-synching, an original video offering and a comedy act.

Tickets are \$5, available at the door.

The panel of judges, including the *Townsmen*, will select five finalists and then crown a winner.

Last year, 800 people watched as Jeff Arsenault earned the coveted title, which contributed \$2,100 to the junior class.

Funds are raised to help offset the costs of the junior-senior prom.

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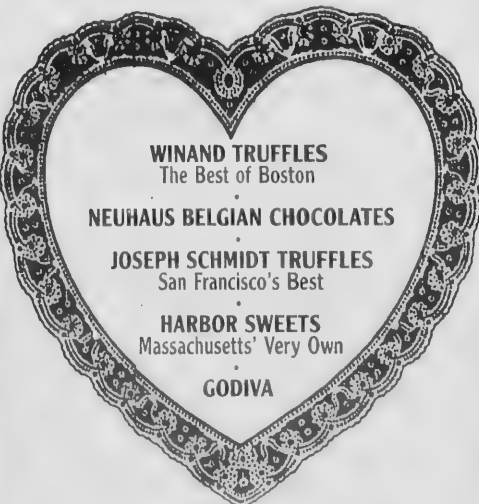
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SCHOOL MENUS

Here's what's for lunch in the Andover public schools Feb. 13-17:

Elementary schools

Monday: Hot dog on roll, mustard, relish, ketchup, carrot and celery sticks, fruit cup, milk or juice.

Tuesday: Chicken nuggets, whipped potato, gravy, sliced carrots, wheat bread and butter, cookie, milk or juice.

Wednesday: Spaghetti with meat sauce, green beans, wheat bead and butter, pudding with whip topping, milk or juice.

Thursday: Taco boat with ground beef, lettuce, tomato and cheese, corn, fudge brownie, milk or juice.

Friday: Tuna salad in Syrian pocket, potato puffs, ketchup, peas, fresh apple, milk or juice.

A pizza or peanut butter and jelly lunch is available daily.

Middle schools

Monday: Hot dog on roll, mustard, relish, ketchup, wax beans, fruit cup, milk.

Tuesday: Chicken cutlet on roll, mayonnaise, potato puffs, corn, potato sticks, cookie, milk.

Wednesday: Meatball sub with tomato sauce, corn, potato sticks, fruited Jell-O with whip topping, milk.

Thursday: Nachos with cheese sauce, rice, sliced carrots, cake with frosting, milk.

Friday: Tuna salad roll, peas, potato chips, chilled peaches, milk.

A pizza lunch or manager's special is available daily.

All menus subject to change.

{ VALENTINE'S DAY }

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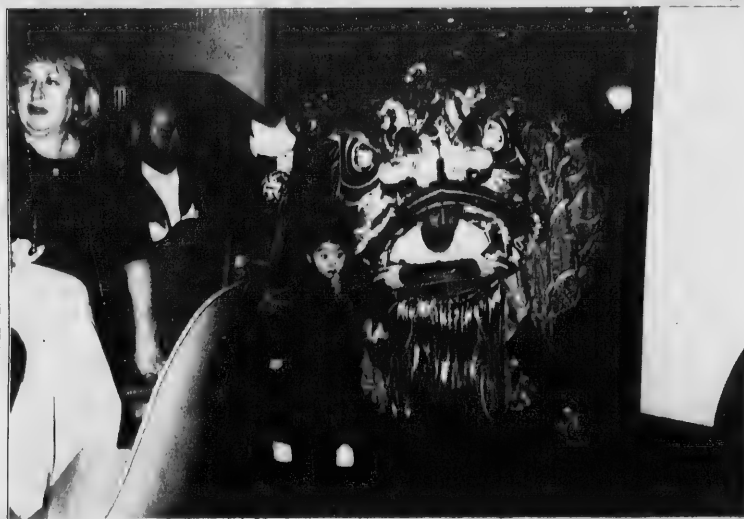
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Photos by Peter Wu

Lion dancers Jimmy Chu (at head) and David Holmes (at tail), Andover students at Phillips Academy, enter the room and kick off the new year at the Andover Chinese Cultural Exchange's 12th annual celebration. Justin Ho, 9, (wearing the mask) plays the role of the monk.



Essay participants are (front row, from left) Allison Ferranti, Wen Shu Yu, Alison Bartlett; (back row) David Holmes, Nancy Tao, Kathryn Remnes and Joanne Tao. Not shown is Christina Tung.



The dancers, in no particular order, are Karen Chang, Elaine Lin, Diana Vining, Beverly Tsang, Natalie Ho and Diane Liu.

Local Chinese community celebrates Year of the Pig

By Elsie Wu, *Andover Chinese Cultural Exchange*

With the clash of cymbals and the beat of drums, the Lion Dancers ushered in the Year of the Pig for the local Chinese community Sunday, Feb. 5. Arthur and Emily Tao, hosts of the Lotus Garden in Salem, N.H., provided the Andover Chinese Cultural Exchange (ACCE) and its 130 guests with a buffet at its 12th annual celebration.

Lion dancers Jimmy Chu and David Holmes, Andover students at Phillips Academy, provided an energetic performance. The ACCE children's dance group danced to a stick and ribbon dance and red envelopes were given to all unmarried children. Kin and Natayo Ho had coached these performers.

The highlight of the evening went to eight area high school students who wrote essays for a contest on "The Importance of Knowing About China in the 21st Century." Kathryn Remmes, a junior at Haverhill High School, wrote, "As the 21st century approaches, the interdependence of countries should create global yearning for a greater understanding of various peoples and cultures. Specifically, it would certainly be of great benefit for Americans to grasp an historical understanding and appreciation for the people of China, as well as become alert to China's emergence into the technological and economic arena."

David Holmes, a 10th-grader, noted that knowing the language and culture of China "will make it easier to travel to China to get a job in the ever-growing economy there. This is one of the reasons why I started studying the Chinese language."

Andover High School senior Wen Shu Yu agreed, saying "An understanding of the Chinese language will become vital for those who wish to conduct business in China. This explains why Chinese is being taught at almost every college in the nation now and why Asian culture has become a popular area of study."

Allison Ferranti, a Phillips 9th-grader who captured third prize, focused on China's internal problems. Although its economy is growing rapidly and its products can be found worldwide, "This growth is creating huge problems... While development and technology are in the works in China, it is still under Communist control... It is slowly becoming more involved in world affairs and that will hopefully

drive the people of China to desire a more democratic government."

Alison Bartlett, a PA senior and first-prize winner, expressed her concern that China's emerging economy would do damage to its nearby environment. She emphasized that, "The worldwide community, especially more developed economies who have found effective ways of dealing with similar problems, must attempt to help China." Her comprehensive essay, plus this appeal to reach out in cooperation with - rather than competition against China - impressed the judges.

Some contestants of Chinese-American background highlighted personal experiences that showed the conflicts that children living in dual cultures often face. PA senior Joanne Tao said, "My parents told me stories of their background, brought me to Chinese cultural fairs and sent me to Chinese camp every summer. They dragged me kicking and screaming to Chinese school... I grew up knowing a lot about the Chinese and the culture - or so I thought." Joanne visited China in the Harbin exchange program and returned with a deeper appreciation of her roots.

Senior Christina Tung, second-prize winner, who was also involved in the Harbin exchange, found that "Near the end of my stay... I realized that viewing the disadvantaged and poor as 'beautiful' from a foreigner's perspective, who can return to her homeland and live comfortably, is quite unreasonable, almost illogical. The future of China is fragile and... the steps China will take have to be done carefully. I not only want to know China in the 21st century for reasons of personal growth, but also because as a direct descendent of the Chinese, I care for the land and people."

Nancy Tao, a ninth-grader at Phillips, wrote that knowing about China's old culture is to know that "it teaches about the value and the responsibilities of family and the balance between a child's deference for her elders and parents' selfless sacrificing for their children. It teaches us humility in our achievements and a constant striving to learn more... this culture teaches us not about status, but about knowledge. This culture respects not the richest, but the most educated. Knowing about China... can affect the integrity, discipline

(Continued on page 23)

Importance of knowing about China

(Continued from page 22)

and values of an American-born Chinese."

Dick Soo Hoo and Elsie Wu of Andover, Likam Lai of Methuen and Priscilla Lu of Lowell judged the essays. The first-prize winner received \$250; second prize was \$200; third prize was \$150. All other students received honorable mentions and a \$25 U.S. Savings Bond. The winners are as follows:

- First prize, \$250: Alison Bartlett of 20 Bateson, 12th grade, Phillips Academy;
- Second prize, \$200: Christina Tung of 8 Sparta Way, 12th grade, Phillips Academy;
- Third prize, \$150: Allison Ferranti of 64

Rattlesnake Hill Road, 9th grade, Phillips Academy.

Honorable Mentions, \$25 U.S. Savings Bond:

- Wen Shu Yu of 92 Greenwood Road, 12th grade, Andover High School;
- Nancy Tao of 25 Brady Loop, 11th grade, Phillips Academy;
- Joanne Tao of 25 Brady Loop, 12th grade, Phillips Academy;
- David Holmes of 40 Osgood St., 9th grade, Phillips Academy;
- Kathryn Remmes of Haverhill, 11th grade, Haverhill High School.

Daffodil Days are a symbol of hope – and sign of spring

The American Cancer Society's Greater Lawrence Unit is asking for support during Daffodil Days, March 23.

Fresh daffodils will be available locally for \$5 per bouquet of 10 flowers at CVS, 68 Main St., from 11 a.m. to 1 p.m. and 4

to 7 p.m.

Funds raised will support local service programs for patients and families. Daffodils may be ordered in advance by calling the American Cancer Society's Dracut office, at (508) 454-0900, by March 10.



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Cara Jean Brown

Laurie MacLean and
Peter VargasMichael J. Ashworth and
Christine A. EstabrookLaura E. DuBois and
Kevin R. Fillion

Brown-Rogers

Mr. and Mrs. J. Merritt Brown of Framingham announce the engagement of their daughter, Cara Jean, to Allan B. Rogers Jr. of Hampton, N.H.

Ms. Brown is a graduate of Saint Anselm College in Manchester, N.H.

She is director of business development of Cyr & Knowles Inc. Advertising Marketing Management.

Mr. Rogers is the son of Mrs. Robert Phinney of Seabrook Beach, N.H., formerly of Andover, and the late Allan B. Rogers.

He graduated from Brooks School in North Andover and the University of Vermont. He is general manager of *The Derry News*.

The couple plan a spring wedding.

MacLean-Vargas

Kenneth MacLean of North Reading announces the engagement of his daughter, Laurie, to Peter Vargas, son of Mr. and Mrs. Peter Vargas of Derry, N.H.

Ms. MacLean graduated from Andover High School and received a B.S.B.A. from Northeastern University in Boston. She is a supervisor at the Nashua Marriott.

Mr. Vargas graduated from Pinkerton Academy in Derry, N.H., and received a bachelor's degree in finance from Franklin Pierce College. He is a district accounting coordinator at Laidlaw Transit in Marlborough.

The couple plan to marry this Saturday, Feb. 11.

Estabrook-Ashworth

Jan Reisinger Kelly of Seattle, Wash., announces the engagement of her daughter, Christine A. Estabrook of 3 Bryan Lane, to Michael J. Ashworth of Atlanta, Ga.

Ms. Estabrook received a bachelor of science degree in finance from the University of Puget Sound, Tacoma, Wash., and a master of science degree in taxation from Golden Gate University, San Francisco, Calif. She is owner/manager of Silverado Athletic Club.

Mr. Ashworth is the son of Mr. and Mrs. Gerald Ashworth of Stone Mountain, Ga. He has a master of science degree in engineering from Georgia Tech and is a management consultant with Deloitte & Touche.

The couple plan to be married May 6 in Paris, France.

DuBois-Fillion

Richard and Cornelia DuBois of Andover announce the engagement of their daughter, Laura E., to Kevin R. Fillion, son of Elaine Fillion of Methuen and the late Bertrand Fillion.

Ms. DuBois is a graduate of Andover High School and University of Tampa. She is a physical therapist assistant at Orthopedic Rehab Affiliates in Haverhill.

Mr. Fillion graduated from Methuen High School. He is a self-employed contractor.

They plan a June 10 wedding.

► Babies celebrating their first birthdays, affiliated with Andover, may have their pictures in the *Townsmen* free. They will appear in the issue dated the last Thursday of the month, in the month of baby's first birthday. All babies having a birthday this month will be published in the Feb. 23 issue. All photos must be received by 5 p.m. the previous Friday (Feb. 17).

► The *Townsmen* publishes Births on the first Thursday of the month. They will run again March 2.

DelDotto-Monahan engagement

Rita and Albert DelDotto of 60 Dascumb Road announce the engagement of their daughter, Susanne, to Timothy Monahan.

Ms. DelDotto attended Andover High School, Northern Essex Community College and Bridgewater State College,

and has a teaching degree for grades K-3.

She is a purchasing secretary for Wingate at Andover.

Mr. Monahan is the son of Linda and Thomas Monahan of North Chelms-

ford. He graduated from Tewksbury High School and majored in finance at University of Lowell.

He is an optician with Pearle Vision Center in Tyngsboro.

The couple plan a September wedding.

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ENTERTAINMENT CALENDAR

THURSDAY, FEB. 9

Free jazz workshop for instrumental and vocal students, workshop includes local musicians from All That Jazz and band-leader Brad Thorp, at Andover High band room, Collins Center, Shawshen Road, 6:30 to 8:30 p.m., Joan Buschmann 475-6697.

Lynne Laffie of Newburyport presents workshop for parents on children's homework issues, sponsored by the Doherty Middle School PAC, 7 p.m., McGrail Media Center, Doherty Middle School, open to the public; also, PAC business meeting follows at 8:30 p.m.

Waterpower, Canals and Gatehouses, walking tour of the canals, gatehouses, and canalway, meet at the visitor center, Lowell National Historical Park, 246 Market St., Lowell, 2:30 p.m., free; 970-5000.

The Breakfast Circle, sponsored by the Sutton Hill nursing & retirement center, breakfast followed by lecture on cardiovascular health, 9 to 10:30 a.m., Sutton Hill, 1801 Turnpike St., North Andover, \$1; call for reservations, 688-1212.

Secrets of a Successful Entrepreneur, luncheon meeting of the Merrimack Valley Business Women's Network, 11:30 a.m., Jackson's Restaurant, Methuen; call Greater Lawrence YWCA for information, 687-0331.

FRIDAY, FEB. 10

The Visit, drama by Friedrich Dürrenmatt, directed by Rafael Kalichstein, Steinbach Theater, Phillips Academy, \$4 general admission, \$2 with Phillips Academy identification, call for

times, 749-4433.

A Walk Through the Acre, program exploring Lowell's original immigrant neighborhood, meet at the visitor center, Lowell National Historical Park, 246 Market St., Lowell, 2:30 p.m., free; 970-5000.

A Piece of My Heart, drama by Shirley Lauro chronicling the untold stories of the women who served in the Vietnam War, featuring Andover resident Karen Deffenbaugh; presented by the Arlington Friends of the Drama, 22 Academy St., Arlington, 8 p.m., \$10, (617) 646-5922.

Ellen Goodblatt, lecture on meeting, dating, relating and mating: 250 questions to ask before you go further in a relationship, sponsored by the student activities office, Northern Essex Community College student center, Elliott Way, Haverhill, noon-1 p.m., free and open to the public; 374-3862.

Dan Holin, director of public affairs for the Israeli consul of New England, lecture during service sponsored by adult education committee at Temple Emanuel, Haggetts Pond Road, 8:15 p.m., 470-1356.

Noy Holland, Phillips Academy writer-in-residence and author of The Spectacle of the Body, signing books from 7 to 8 p.m., Andover Bookstore, 89R Main St., 475-0143.

SATURDAY, FEB. 11

Mr. Andover High contest, fundraiser for the AHS junior class, at the Collins Center, Andover High School, Shawshen Road; 7 p.m.; \$5, tickets available at the door, 470-1700.

A Tribute to Paul Whiteman, performance by the Northeast Jazz Orchestra, at Durgin Hall,

intersection of Pawtucket and Wilder streets, University of Massachusetts Lowell, 8 p.m.; ticket information and prices 934-4444.

Snow Queen, adaption of Hans Christian Anderson's classic tale, presented by the Das Puppenspiel Puppet Theater, 2 p.m., Kemper Theater, Bradford College, 320 S. Main St., Bradford, \$5 adults, \$3 children, \$12 family of four; 374-0076.

The Immigrant Experience, tour of Lowell's "little nations," meet at the visitor center, Lowell National Historical Park, 246 Market St., Lowell, 2:30 p.m., free; 970-5000.

Peggy Glass, author of Rescuing the Dinner Hour, demonstration on avoiding kitchen disasters, at Waldenbooks, Main Street, noon to 1:30 p.m., 475-8877.



Charlie King

North Andover, doors open at 7:15 p.m., concert begins at 8 p.m., \$7; 474-8925.

A Piece of My Heart, see entry under Friday, Feb. 10 for details.

SUNDAY, FEB. 12

Academy Jazz Band, featuring works of African-American composers, 3 p.m., at Cochran Chapel, Phillips Academy, free and open to the public, 749-4007.

Chanticleer, a cappella men's choir performance, 3 p.m., The Music Hall, 28 Chestnut St.,



The first offering of Andover Community Theatre's 1995 season will be a performance of several short comedy pieces this Sunday, Feb. 12, at 3 p.m. in Memorial Hall Library. Sponsored by the Friends of the Library, the production will include *Who's On First*; a skit from Neil Simon's *The Good Doctor*; and pieces from *A Thurbur Carnival* by James Thurber. New members of the ACT board of directors, from left, are: Steve Bissett of Andover, vice president; Pam LeMieux of Andover, president; Gail Mahar of Wilmington, secretary; and Caroline Chapell of Reading, treasurer. Not in the picture are: Sue O'Neill, publicity, and Jane Vondell, properties; both are from Andover. During the summer, according to Ms. LeMieux, ACT will produce a musical comedy for a cast of young adults. The company plans a production of *A Christmas Carol* in the winter. ACT is also open to suggestions and would like to hear from community members who wish to produce, direct, or otherwise work on a play with the group. For information, call the ACT Hotline (470-ACTT) and leave a message.

Portsmouth, N.H., for prices call the box office, (603) 436-2400.

Concert sponsored by the music committee of West Parish Church, featuring Phillips Academy musicians Vincent Monaco and Carolyn Skelton, 3 p.m., West Parish Church, 129 Reservation Road; also, reception following performance, open to the public, donation requested, 475-3528.

Summer Opportunities Fair,

featuring more than 60 representatives with information for ages 10 through college on wilderness adventures, community service, academics, arts, sports, and camps, sponsored by Phillips Academy Summer Opportunities Office and the Merrimack Valley Andover Association, 1 to 4 p.m., Phillips Academy dining hall, Route 28, free and open to the public; 749-4480.

Apostello, concert featuring contemporary Christian music and personal stories, 7 p.m., Andover Baptist Church, 7 Central St., open to the public, donation requested; 475-0166.

AMC Hike, sponsored by the Andover Committee of the Appalachian Mountain Club, 3-mile hike at Goldsmith Reservation, meet at the reservation entrance off Route 28, 1:30 p.m., Martin Wells, 470-3189.

A Piece of My Heart, 2 p.m., see entry under Friday, Feb. 10 for details.

Mill Experience, tour of Suffolk Mill, meet at the visitor center, Lowell National Historical Park, 246 Market St., Lowell, 2:30 p.m., free; 970-5000.

MONDAY, FEB. 13

A Walk Through the Acre, tour of Lowell's original immigrant neighborhood, meet at the visitor center, Lowell National Historical Park, 246 Market St., Lowell, 2:30 p.m., free; 970-5000.

Trumpet and organ recital Sunday



Vincent Monaco



Carolyn Day Skelton

The music committee of West Parish will present Vincent Monaco and Carolyn Day Skelton, members of the Phillips Academy faculty, in a trumpet and organ recital Sunday, Feb. 12, at 3 p.m. They will perform works by Albinoni, Ross, Sperger, Phalese, Langlais, Rheinberger, Clarke and Bach. Admission is free. A reception in the church fellowship hall will follow the performance. This concert is given as a memorial to Helen Collins Dooley, who died Jan. 23, 1994, at the age of 96. Ms. Dooley was an active member of the church for 48 years, working in the Women's Evening Circle, coaching youth drama productions, singing in the church choir, and assisting with the junior choir. Music was her first love, organizers said. West Parish Church is located at the corner of Route 133 (Lowell Street) and Reservation Road.



Chanticleer, one of America's first "orchestra of voices," comes to the Music Hall in Portsmouth, N.H., this Sunday, Feb. 12, at 3 p.m. Celebrated for a seamless sound that ranges from bass to pure countertenor voices, the a cappella ensemble will perform a program contrasting the Renaissance era of sacred and secular music with music of the 20th century, including British folk songs, spirituals and big band jazz. For more information, call The Music Hall box office at (603) 436-2400.

(Continued on page 26)

ENDAR

(on page 25)
ap Ways to
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 by Gil White,
 hor of *Europe & the*
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TUESDAY, FEB. 14
Morning Coffee, fea-
 turing guest speaker
 Bob Frishman on the
 history of keeping
 time, program spon-
 sored by the Andover
 Historical Society, 97
 Main St., 9:30 a.m.; free
 and open to the public.
Lowell and the Arts,
 discussion, slides and
 short walk retelling
 Lowell's history
 through public art,
 meet at the visitor cen-
 ter, Lowell National
 Historical Park, 246
 Market St., Lowell,
 2:30 p.m., free; 970-5000.

WEDNESDAY,
FEB. 15
Federal-style gardens
 and landscapes, pro-
 gram by Christie
 White, horticulturist
 at Old Sturbridge Vil-
 lage, sponsored by the
 Andover Historical
 Society, 97 Main St.,
 advance registration
 requested, 475-2236.
Auroro Duo, husband-
 and-wife viola-and-
 piano duet, at Library
 Auditorium, Merrimack
 College, North
 Andover, 3 p.m.; free
 and open to the public.
They Came from
Everywhere, slide
 show featuring the fac-
 tory workers of Low-
 ell, meet at the visitor
 center, Lowell National
 Historical Park, 246
 Market St., Lowell,
 2:30 p.m., free; 970-5000.

THURSDAY, FEB. 16
The Immigrant Expe-
rience, see entry
 under Saturday, Feb.
 11 for details.
It's in Everyone of Us,
 program presented by
 the Merrimack Valley
 Psi Symposium, at
 North Parish Unitari-
 an Universalist
 Church, 190 Academy
 Rd., North Andover,
 7:30 p.m.; Anne Kay,
 470-1489.
Little Shop of
Horrors, musical pre-
 sented by the Tilton
 Players, featuring
 Adam Rosenzweig, a
 sophomore... from

Andover, 7:30 p.m., at
 Hamilton Hall Thea-
 tre, Tilton School, 30
 School St., Tilton,
 N.H., \$4 adults, \$3 stu-
 dents; (603) 286-3137.

FRIDAY, FEB. 17
Role of Psyche,
Dream and Myth in
Cancer, presented by
 James Eckels, analyti-
 cal psychologist and
 pastoral counselor, 6
 to 8:30 p.m., 95 Ballard-
 vale Road; call to regis-
 ter, 475-9130.

Little Shop of
Horrors, see entry
 under Thursday, Feb.
 16 for details.
Computer-controlled
music recital, featur-
 ing Phillips Academy
 artist-in-residence

David Behrman and
 Phillips Academy
 students, Timken
 Recital Room, Graves
 Hall, Phillips
 Academy, 7:30 p.m.,
 free and open to the
 public.
Contra dance, featur-

ing live music and a
 caller, sponsored by
 Unitarian-Universalist
 Congregation, 6 Locke
 St., basic instruction
 at 7:45 p.m., dancing
 begins at 8 p.m., \$5;
 474-4273.
Attention Deficit Dis-

order in Business, a
 Deficit or a Gift?, lec-
 ture by psychologist
 Peter Williams, spon-
 sored by the Andover
 Bookstore, 89R Main
 Street, 7 to 8 p.m.
Cafe night, featuring
 (Continued on page 40)



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Dining Guide

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Unitarians sponsoring Welcoming Sunday

The Unitarian Universalist Congregation in Andover will celebrate Welcoming Congregation Sunday, focusing on gay, lesbian and bisexual participation in congregational and family life.

The theme, "Shared Stories/Shared Lives: A Service for Valentines Day," shows the many ways the reduction of homophobia is a family matter.

Hear first-hand accounts from straight parents and straight siblings about how the coming-out process enriched and sensitized their lives.

There will be readings on "Growing up Gay" and "Growing up Lesbian" and the meaning of such symbols as the color lavender, rainbow flag and pink triangle as part of the experience of being a minority in a heterosexual society will be examined. Both gays and straights will be encouraged to examine their

own feelings involving many situations of shared lives in the human condition. The service will be held at 10:30 a.m. this Sunday at 6 Locke St.

The Unitarian Universalist Congregation draws from all religious traditions to help individuals find pathways to spiritual growth in community.

Apostello concert at Andover Baptist

Apostello, a group of Gordon College students who sing for missions, will be at the Andover Baptist Church, Sunday, Feb. 12, at 7 p.m. The church is located at 7 Central St., next to the library. The concert will feature contemporary Christian music and personal stories from group members. A free-will offering will be taken to support the summer intern program at Gordon.

Each year the students and faculty of the college send out 30 or more students for a taste of the mission calling. Each student selected is sent to a mission work station and

experiences first-hand what such a career involves. Apostello was formed as a support group, raising money to help with school expenses for the students who give up their summer for missions.

"Apostello is making its eighth appearance at Andover Baptist and has been a favorite with the church folks and guests who come for the upbeat concerts. The public is cordially invited to share this experience with us," organizers said.

Call the church office at 475-0166 for more information.

Temple Emanuel to hold junior congregation service

Temple Emanuel Religious School will conduct a junior congregation service Saturday, Feb. 11, at 10:30 a.m. The service will be led almost entirely by students in grades 3 through 6. The students will lead the congregation in prayer as well as the Torah service, and will give a commen-

tary on the Bible story of the week. Rabbi Goldstein, Cantor Rosensweig and David Ginsberg, the school principal, will assist the students.

The junior congregation service is open to all students and their families, as well as the community. The families of the religious school

will sponsor a Kiddush (refreshments) following the service.

Temple Emanuel is located at 7 Haggetts Pond Road.

Time to learn about clocks

The Morning Coffee program this Tuesday, Feb. 14, at 9:30 a.m. at the Andover Historical Society will feature Bob Frishman, an antique clock- and watch-dealer, who will talk about the history of keeping time. Other topics include how clocks developed; how they were used; how to properly care for them; and how to begin a collection. Mr. Frishman is also knowledgeable about early electric and chiming timepieces.

The public is invited to bring in a clock for Mr. Frishman to examine. He give an informal appraisal of its condition and value.

The Andover Historical Society is at 97 Main St. The event is free and the public is invited.

Brand-Kulcsar engagement

Mr. and Mrs. Timothy Brand of 8 Lamancha Way announce the engagement of their daughter, Amy C., to John Kulcsar, son of Mr. and Mrs. Edward Kulcsar of 3 Wethersfield Drive.

Ms. Brand graduated from Andover High School in 1993 and

is a speech pathology major at Miami University in Oxford, Ohio.

Mr. Kulcsar graduated from Andover High School in 1992 and is a biology major at the University of Dayton in Dayton, Ohio.

A wedding date has not been set.



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OBITUARIES

James N. Valhouli

Phillips Exeter professor; in skating accident; nephew owns Petro's Seafoods & Deli

James N. Valhouli, 53, of Hampton, N.H., died Friday, Feb. 3, in a skating accident in Exeter, N.H.

He was born and educated in Greece. He came to the United States in 1951 and graduated from Haverhill High School in 1960. He received a bachelor's degree in English from Colby College, a master's degree from the University of Wisconsin in 1965 and a doctorate in English in 1973.

Dr. Valhouli taught for more than 20 years. He taught English at Phillips Exeter Academy and, in 1989, taught English in Barcelona with the School Year Abroad Program.

He was a professor of English at Bradford College until 1980 and had taught English at Athens College in Greece for a year.

He was awarded the Klingenstein Fellowship. He studied interdisciplinary academic programs for senior-year students as a member of the advanced placement committee at Columbia University from 1993 to 1994.

Dr. Valhouli was known as a modest man who had a great sense of humor and a love for life, his family said. According to his nephew, Nicholas Peter Valhouli, the owner of Petro's Seafoods & Deli on Post Office Avenue, Dr. Valhouli "was an accomplished athlete, a phenomenal person and a very modest guy... I lost a brother, not an uncle," Nick Valhouli said.

When Dr. Valhouli discovered that his late brother, Peter, was dying of cancer, the two of them resolved to climb Mt. McKinley. They joined a team on a climb during the summer of 1985. Despite having to spend a few days in a snowcave due to illness, they persevered and made it to the summit.

In addition to his nephew, members of his family include his wife, Dorothy "Dottie" (Ritchie) Valhouli of Hampton, N.H.; sons, Jamie Valhouli and Alexander Valhouli, both of Hampton; mother, Koula (Ntavara) Valhouli; and brothers, John N. Valhouli of Groveland, Michael N. Valhouli and Archimedes N. Valhouli, both of Haverhill.

He was the son of the late Nicholas Valhouli.

Services, held yesterday, Wednesday, at Farmer & Sons Funeral Home in Haverhill, were followed by services at the Church of the Holy Apostles. Burial was in Linwood Cemetery in Haverhill.

Phillips Exeter Academy held a remembrance service Saturday night, Feb. 4.

Memorial contributions may be made to the Church of the Holy Apostles, 154-156 Winter St., Haverhill, Mass. 01830, or to the charity of one's choice.

Edward J. Fionte

Was World War II veteran

Edward J. Fionte, 68, of 18 Rock O'Dundee Road died Thursday, Feb. 2, at Hale Hospital in Haverhill.

Mr. Fionte was born in North Andover.

He served in the Navy during World War II.

Members of his family include his wife, Bette J. (Littlefield) Fionte of Andover; sons, Ronald E. Fionte of Andover and Paul J. Fionte of North Andover; brothers, Ernest Fionte of North Andover and Eugene Fionte of Andover; sisters, Mary Coppeta, Mildred Schena and Anita Fionte, all of Andover; four grandchildren; and several nieces and nephews.

Services were held Monday at Dewhirst & Conte Funeral Home in North Andover. Burial was in Spring Grove Cemetery.

Memorial contributions may be made to Elm Green Veteran Memorial, Town Offices, 36 Bartlet St., Andover, Mass. 01810, Attention: John Lewis.

Barbara S. Landry

Formerly of Andover

Barbara S. Landry, 78, of Governor's Island, N.H., and Sarasota, Fla., died Wednesday, Feb. 1, in Sarasota.

Mrs. Landry was born in Ayer. She graduated from Radcliffe College in 1938.

She had lived in Andover from 1958 to 1981.

She and her husband, Dr. Christopher Lee Landry, who died in 1991, had summered on Governor's Island since 1964.

Members of her family include her

sons, C. Kevin Landry of Lincoln, Brian H. Landry of Bedford, N.Y., and Alan S. Landry of Gilford, N.H.; daughters, Brenda Lee Landry and Christina M. Landry, both of New York City; brother, Richard F. Sullivan of Ayer; six grandchildren; one nephew and two nieces.

A Mass of Christian Burial was celebrated Saturday in St. Patrick's Church in Bedford, N.Y. Spring burial will be in Pine Grove Cemetery in Gilford, N.H.

Arrangements were by Cassidy-Flynn Funeral Home in Mount Kisco, N.Y.

Memorial donations may be made to the Lakes Region Conservation Trust, P.O. Box 1097, Meredith, N.H. 03253.

Priscilla Musk

Was involved in local clubs

Priscilla (Diamond) (Dame) Musk, 93, of Andover died Thursday, Feb. 2, at her home.

Mrs. Musk was born and educated in Lawrence. She graduated from Wesley College.

She had been a bank teller at the former Bay National Bank when she retired.

Mrs. Musk was a member of the November Club of Andover, Andover Garden Club and Friends of the Little Wanderers of Boston.

She was a member of Christ Episcopal Church.

Members of her family include her cousins, Fred and Elizabeth Diamond Wright and Alison Diamond Wright, all of Winchester; Judy Diamond Paquin of Concord, N.H., and Dorothy Diamond O'Connor of Manchester.

Services were held Tuesday at Christ Episcopal Church. Burial was in Riverside Cemetery in Newmarket, N.H.

Memorial contributions may be made to Christ Episcopal Church, 25 Central St., Andover, Mass. 01810.

Michael A. Scuto

Home health aide; worked at Market Basket here

Michael A. Scuto, 31, of Andover died Thursday, Feb. 2, at his home.

Mr. Scuto was born in Methuen. He was educated in St. Augustine Grammar School and Lawrence High

Obituaries Pages 28-30

Angela E. Castle, 82
Elaine M. Driscoll, 53
Edward J. Fionte, 68
Barbara S. Landry, 78
Joseph J. Medici, 75
Priscilla Musk, 93
Salvatore Recupero, 43
Michael A. Scuto, 31
Alcide Tisbert Sr., 65
Clare A. Towler, 79
James N. Valhouli, 53

School.

He was a certified home-health aide and worked in DeMoulas Supermarkets in Andover and Methuen.

"He will be remembered by his family for his dedication to them, especially his dedication to his parents," they said.

Members of his family include his parents, Gus and Sophie (Carsanaro) Scuto of Methuen; brother and sister-in-law, Clayton and Theresa Harkins of New Boston, N.H.; sisters, Angela Hurley of North Andover and her husband, James Hurley, Maria Halloran of Portsmouth, Judith Valcourt of Philipston and her husband, Richard Valcourt, Juliet Lannon of Amesbury and her husband, John Lannon, and Charmaine Harkins of Bethel, Conn.; and many nieces and nephews, aunts and uncles.

A Mass was celebrated Monday in St. Augustine Church in Lawrence. Burial was

(Continued on page 29)

*Consider
These Thoughts*

by Garry A. Burke



PEACE IN THE WORLD

Those who believe that a healthy country has its basis in a healthy family life should take interest in the words of Confucius, who delved even deeper for the basis of this conclusion. He wrote: "When things are investigated, then true knowledge is achieved; when true knowledge is achieved, then the will becomes sincere; when the heart is set right (or then the mind sees right); when the heart is set right, then the personal life is cultivated; when the personal life is cultivated, then the family life is regulated; when the family life is regulated, then the national life is orderly; and when the national life is orderly, then there is peace in the world."

One of the most thoughtful things you can do for your family's peace of mind is to make certain that funeral and financial arrangements are made well in advance of the need. Prearrangement spares your family additional concern and anxiety when the inevitable happens as well as giving everyone positive assurance that the funeral service will represent your personal beliefs or lifestyle. For more information, contact **BURKE FUNERAL HOME** at 475-5200. We are conveniently located at 390 North Main Street.

QUOTE: "For peace is not mere absence of war, but is a virtue that springs from force of character."

Benedictus De Spinoza

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OBITUARIES

Michael A. Scuto

(Continued from page 28)

in Immaculate Conception Cemetery, also in Lawrence.

Arrangements were by Allen-Mundry Funeral Home in Lawrence.

Memorial contributions may be made to St. Augustine Church, 124 Ames St., Lawrence, Mass. 01841.

Joseph J. Medici Formerly of Andover

Joseph John Medici, 75, of Orlando, Fla., died Friday, Feb. 3, at Florida Hospital East in Orlando.

Mr. Medici was born in Lawrence. He was educated in Lawrence schools and graduated from Lawrence High School. He graduated from the University of Alabama with a degree in aeronautical engineering and from Baltimore City College with a law degree.

Mr. Medici was a veteran of World War II and the Korean War. He was an aeronautical engineer in the Air Force and rose to the rank of lieutenant colonel. He was working at Hanscom Air Force Base when he retired.

Mr. Medici was a former resident of Andover. He had lived in California for two years and in Florida for 15 years.

Members of his family include his wife, Dolores Ruth (Wissinger) Medici of Florida; son, Joseph Santo Medici of Derry, N.H.; daughters, Celeste M. Wizeman of Yardley, Pa., Antoinette L. Houck of Orlando, Fla., Mary Marchetta of Pembroke Pines, Fla., and Jane D. Waddy of Melbourne, Fla.; sister, Marion DeNuzzio of Seabrook, N.H.; 15 grandchildren; and several nieces and nephews.

A Mass will be celebrated today,

Thursday, at 9:30 a.m. at Holy Rosary Church in Lawrence. Burial will be in Spring Grove Cemetery.

Calling hours were scheduled for Wednesday, Feb. 8, from 6 to 9 p.m. at Cataudella Funeral Home, 126 Pleasant Valley St., Methuen.

Angela E. Castle Was real estate broker

Angela E. (Russo) Mercurio Castle, 82, died Thursday, Feb. 2, at Academy Manor Nursing Home.

Mrs. Castle was born in Somerville. She had lived in Somerville and Belmont for many years before moving to Beverly in 1958.

She was a real estate broker. She and her late husband, James S. Castle, owned Castle Realty in Beverly until she retired. Mrs. Castle was instrumental in the development of the Recreation Commission in Somerville and appeared in *Who's Who* in 1954.

Members of her family include her sons, Joseph J. Mercurio of New Castle, Pa., and Frank P. Mercurio of Westford; daughters, Marie N. LeRoy of Hilton Head, S.C., and Beverly A. Anderson of Boxford; sisters, Helen Maffucci of Watertown and Josephine Cusolito of Woburn; 10 grandchildren; three great-grandchildren; and several nieces and nephews.

Services were held Monday from Campbell Funeral Home in Beverly. A Mass followed at St. John the Evangelist Church, also in Beverly. Burial was in Puritan Lawn Memorial Park in Peabody.

Memorial contributions may be made to the James S. Castle Memorial Scholarship, in care of Beverly YMCA, 254 Essex St., Beverly, Mass. 01915.

Elaine M. Driscoll Son, sister live in Andover

Elaine M. Driscoll, 53, of Lawrence died Monday, Feb. 6, at her home.

Mrs. Driscoll was born in Lawrence and had been a lifelong area resident.

She was a member of St. Patrick Church in Lawrence.

Members of her family include her husband, Leo J. Driscoll of Lawrence; daughters, Cheryl Fletcher of Kingston, N.H., Noreen Healey, Kathleen Healey and Deborah Driscoll, all of Lawrence; sons, twins Martin Healey of Lawrence and Mark Healey of Houston, Texas, Patrick Driscoll and William Driscoll, both of Lawrence, Joseph Driscoll of Salem, N.H., Leo Driscoll of Andover and John Driscoll of Pelham, N.H.; parents, Joseph and Rosanna (Dodier) Thibodeau of Lawrence; sisters, Jeanne Smith of Andover, Margaret DiPrima, Nancy Gendreau, Beatrice Thibodeau and Susan Conroy, all of Lawrence, and Carol Gauvin of Wolfboro, N.H.; brothers, Joseph Thibodeau and Richard Thibodeau, both of Fort Lauderdale, Fla. and Edward Thibodeau of North Carolina; 14 grandchildren; three great-grandchildren; and several nieces, nephews, aunts, uncles and cousins.

A Mass will be celebrated today, Thursday, at 11 a.m. at St. Patrick Church. Burial will be in Holy Sepulchre Cemetery in North Andover.

Calling hours were scheduled for Wednesday, Feb. 8, from 7 to 9 p.m. at Racicot Funeral Home, 256 Broadway, Lawrence.

Memorial contributions may be made to Merrimack Valley Hospice, 1 Union St., Andover, Mass. 01810.

Salvatore Recupero Credit manager at Vicor

Salvatore A. Recupero, 43, of 1 Peterof Circle died Monday, Feb. 6, at home of a heart attack.

Mr. Recupero was born in Lawrence and educated in Lawrence schools. He graduated from Austin Prep in Reading.

He had been a credit manager at Vicor Corp. in Andover for six years.

His family described him as a devoted father and husband.

He was a member of St. Robert Belarmine Church.

Members of his family include his wife, Carolyn (Peterof) Recupero of Andover; son, Gregory Recupero of Andover; daughter, Stephanie Recupero of Andover; parents, Mr. and Mrs. Salvatore "Sam" Recupero of Lawrence and Deltona, Fla.; mother-in-law, Marcelle Peterof of Andover; grandmother, Nancy Recupero of Lawrence; brothers, David Recupero and Steven Recupero, both of Lawrence; sister, Lucille Conrardy of Montgomery, Ill.; and several nieces, nephews and in-laws.

A Mass will be celebrated today, Thursday, at 10 a.m. at St. Robert Belarmine Church. Burial will be in Spring Grove Cemetery.

Calling hours were scheduled for Wednesday, Feb. 8, from 6 to 9 p.m. at Rosinski Salem Street Funeral Home, 80 Salem St., Lawrence.

Clare A. Towler Retired from Andover Cos.

Clare A. (Fitzsimmons) Towler, 79, of Andover died Monday, Feb. 6, at

(Continued on page 30)



Photos by Kathy Felden/Special to the Townsman

Alan Doerr, of 108 Cross St., was traveling southbound on River Road Tuesday morning when his Ford Explorer skidded on a patch of ice, crashing through a guardrail and down a steep embankment, directly across from 401 River Road. The vehicle rolled over twice before coming to rest at the bottom of a ravine (left photo, behind tree). Mr. Doerr was shaken up but was uninjured, police said. It took two tow trucks, each with two winches, nearly an hour to pull the Explorer up

the 50-foot embankment (center photo). The Explorer had come to rest on top of a stream feeding directly into the Merrimack River. Following procedure, Everett Penney, Board of Health director, was contacted to oversee the removal of the vehicle (right photo). However, no gas or oil had leaked from the vehicle as a result of the accident, or during its extrication, he said.

OBITUARIES

Clare A. Towler

(Continued from page 29)

Academy Manor Nursing Home.

Mrs. Towler was born in Lawrence. She graduated

from St. Mary High School in 1932.

She worked in claims at the Andover Companies until she retired in 1981.

She attended St. Augustine Church.

Members of her family include her daughters, Corine Towler, with whom she

lived, Clare Janusz and Cynthia Calcina, all of Andover; two grandsons; two granddaughters; and one great-grandson.

A Mass will be celebrated today, Thursday, at 10 a.m. at St. Augustine Church. Burial will be in St. Augustine Cemetery.

Black Arts Celebration: public invited to PA worship service

Phillips Academy will hold its 14th annual Black Arts Celebration this weekend, Feb. 10-12. The public is invited to the Sunday worship service at 10:30 a.m. in Cochran Chapel.

The service will include music by Chuck Teagle, gospel recording artist; the PA Gospel Choir led by Anthony Vinson, music director for the Charles Street AME Church of Boston; Crusaders for Christ, a youth and

young adult gospel choir, and the New England Gospel Ensemble, two groups led by James Early, music director of Ebenezer Baptist Church of Boston.

The guest minister will be the Rev. Lena Lawrence, assistant pastor of Concord Baptist Church in Boston.

Cochran Chapel is located on the PA campus on Chapel Avenue, next to Andover Inn.

There are no calling hours.

Arrangements are by Burke Funeral Home in Andover.

Memorial contributions may be made to American Lung Association of Essex County, 239 Newburyport Turnpike, Topsfield, Mass. 01983, or to the charity of one's choice.

Alcide Tisbert Sr. Parents live here

Alcide Tisbert Sr., 65, of Salem, N.H., died Monday, Feb. 6, at Lawrence General Hospital.

Members of his family include his parents, Arthur and Olivine Tisbert of Andover; and his mother-in-law, Lillian Harding of Salem, N.H., with whom he lived.

A Mass will be celebrated today, Thursday, at St. Joseph Church in Salem. Burial will follow at Sacred Heart Cemetery.

Calling hours were yesterday, Wednesday, from 7 to 9 p.m. at the Goundrey Funeral Home, 42 Main St., Salem.

Memorial contributions may be made to Salem Amvets, 38 Millville St., Salem N.H., 03079.

Sunday services set at Ballardvale United Church

This Sunday, Feb. 12, is the sixth Sunday after Epiphany at Ballardvale United Church.

Student intern Mary Hall will give a sermon on "Naming" at the 10:30 a.m. worship service.

Scriptures will be Jeremiah 17:5-10; Psalm 1; 1 Corinthians 15:12-20; and Luke 6:27-38.

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Grammy



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Have a Happy Valentine's
Day! Keep smiling. We love
you! Mom & Dad



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At any age...you're
OUR Valentine! Love,
Grandma & Grandpa



JIM,
Thanks for the sunshine you
bring into our lives!
Happy Valentine's Day! Love,
Carol & Jon



JON,
It's Valentine's Day and a
special time to say, "We
Love You!" Mom & Jim



KATIE,
You'll always be our doll!
Love you lots ...
Nana & Grandpa



Hi SCOTT,
Happy Valentine's Day! You
make us so proud! We love
you! Mom & Dad



TUCKER,
With all our Love, every day
is Valentine's. XO XO XO
Love, Mom & Dad

School Committee won't budge on building plan

tion of two more classrooms at Sanborn.

"It would be a real shame to build a new media center, art and music rooms at Sanborn only to have these spaces used as classrooms; this is what is currently forecasted to happen," Mr. Marsh wrote in a letter to the committee.

"I'm listening to the the parents who say, 'Read my lips. I don't want my child going to a school with 27 students per classroom,'" said Mr. Marsh, Tuesday. "To me you don't design your enrollment around a maximum capacity. They're designing that school right now from a tolerance level of plus or minus zero. The tolerance level is supposed to be plus-or-minus four."

Mr. Marsh received the support of the Townwide PTO's elementary task force on crowded schools. Lisa Williams, task force facilitator, asked the School Committee to add the two classrooms to Sanborn now, and to reconfigure the use of space at South School.

However, Joan Sweeney, Sanborn PTO president, supports the School Committee stance and said Tuesday that she finds many parents' attitudes towards student-teacher ratios "to be a little bit hysterical."

"I would hate to dilute that whole effort at the High School," said Ms. Sweeney. "I feel that people are not looking at the total package of education."

"Numbers of 27 (students per teacher) are not unusual. West Elementary and Sanborn have been living with those for years, and certainly Bancroft."

Mr. Marsh said at Tuesday night's meeting that the addition of two classrooms will create space for approximately 50 more students at Sanborn without requiring further addition to core facilities such as the library, gym and cafeteria.

Dick Muller, School Committee chairman, disagreed, saying the addi-



Photo by Lisa Adelsberger

The bridge connecting Dunn Gymnasium to the rest of Andover High school was demolished this week as part of the school construction project. Students will travel through an old, re-opened tunnel to access the gym.

tion of two classrooms to Sanborn "would not realistically add to the capacity of the school."

"I believe we owe it to the taxpayers and students of Andover to...deliver what we voted on, and we voted on three projects," said Mr. Muller. "To me, it's time that we start setting some priorities in this town."

Mr. Muller specifically asked taxpayers to look at such items as the Youth Center which is on the Town Meeting warrant.

"There is not an endless supply of money," he said. "Police, fire and education rank (at the top of the priority

list). Everything else kind of fits into what I call nice-to-haves."

Committee members said bonded items significantly impact the school operating budget.

"It would be senseless for us to build three classrooms, six classrooms, 12 classrooms and not be able to put any teachers in them," said Lloyd Willey, committee member.

"I can not stress how stressed out our operating budget is," said Bill Huston, committee member.

Mr. Willey told parents that "only 26 of 98" classrooms will be above the midpoint of the recommended capaci-

ty, according to the most recent redistricting plan. All the classrooms will be within the plus-or-minus four students-per-classroom ratios.

"I get concerned when you say 'only,'" said Deborah O'Lander, Reservation Road, "because to me only 25-30 percent is a lot."

About a dozen parents stayed to the end of the meeting to discuss the student-teacher ratio policy that was on the School Committee's agenda. However, the committee delayed action on that and other policies because of the late hour.

Police nab suspect in alleged \$30,000 credit-card scam

By Neil Fater

With the help of an alert delivery driver last week, Andover police nabbed a man allegedly using fake credit cards to steal thousands of dollars in computers.

Police arrested Christopher Scrivano, 24, of Malden, on Lowell Street Thursday, Feb. 2, and charged him with attempting to steal \$30,000 worth of computers with a fraudulent credit card. Police also charged Mr. Scrivano for a similar incident on Jan. 25, where \$8,000 in computers was stolen with a fake card.

Mr. Scrivano was released here on \$2,500 cash bail, but quickly returned to police custody on Monday, Feb. 6.

"He was arrested with a female in Woburn doing the exact same thing,"

said Andover Det. Kevin Winters. "At this point we're investigating to see if the (same) female was involved here."

Det. Winters said there "were numerous police departments down there interested in the case."

Here is how the computer scam worked, according to Det. Winters:

The woman allegedly involved in the scam would call up a computer company and ask that computers be delivered to a hotel, claiming, for instance, that a water problem had damaged equipment. She would pay with a credit card that would appear to be fine, but that within a day or two would be reported as unacceptable.

By this time the computers would have been delivered to the hotel and

picked up by Mr. Scrivano.

According to Det. Winters, the plan was foiled on Feb. 2 when a driver for the World Courier Service became suspicious because Mr. Scrivano, and not the woman who made the order, was accepting delivery at the Ramada Inn on Lowell Street. The driver asked for Mr. Scrivano's identification but Mr. Scrivano said he only had a library card with him.

The driver then left with the \$30,000 in computers and came to the Andover police station. While at the station, the driver talked to his boss who told him the woman was on the phone wondering why the computers had not been delivered. Working with the driver, Andover police arranged a sting opera-

tion.

The driver returned to the scene with the computers. However, Det. Winters said Mr. Scrivano may have sensed something was wrong because he walked away from the delivery truck.

He was taken into custody at the Mobil station on Lowell Street because police were able to make a positive identification from the driver's description. Other witnesses identified Mr. Scrivano as the man allegedly involved in the earlier \$8,000 scam which took place at the Marriott Courtyard on Old River Road.

Detectives Kevin Burke and Joseph Hastings were the investigating officers.

These 766 students have taken different paths

[Continued from page 1]

Ms. Ladd is currently working toward a master's degree in early childhood education at Worcester State College.

When she was a student at Bancroft School, she left her class to study reading skills in a small-group setting. But she says it would have been much better for her to have the specialist give her the help she needed right in the classroom. She could have learned right alongside her classmates.

Daily tutoring, and reading and math in a small-group setting supported her at the then Doherty Junior High School.

At Andover High, Ms. Ladd was in the academic assistance program for writing and reading skills. She says it was not obvious to her classmates that she was getting special help for her dyslexia problems because the help was scheduled right into her program just like an academic subject.

High points of her progress through the Andover schools include two of her teachers and hands-on learning experiences.

For at least one teacher at Doherty, it didn't make any difference she was a 766 student.

"H" (Gary Hendrickson, an English teacher) pushed me to look into myself and see what my abilities are," and, Ms. Ladd says proudly, she rose to the occasion.

"And Ms. (Donna) Perlowski (program head for secondary special education) was a tremendous support system to me," she says.

The model United Nations course she took at Andover High required her to actively be involved in learning about a country (Djibouti) and take responsibility for all aspects about it. She says she learns best through experiential learning.

"We all learn (techniques) to try to make sense of our world."

Garett Day, master's candidate

Garett Day, 25, AHS class of '89, earned an undergraduate degree cum laude at UMass Amherst in 1992, and is currently working toward a master's degree in history, which should be completed by June. He will then begin a doctoral program in special needs.

Mr. Day says he has learning disabilities and was born with no hearing, a situation partially corrected by a series of operations when he was a youngster.

In elementary school, Mr. Day was mainstreamed. He studied in a regular class except for reading and language arts, says his mother, Louise Hart. At Doherty Junior High, he continued in the special-needs program, studying linguistics separately from his regular class.

But at Andover High School, Mr.



Garett Day

Many 766 AHS grads are going on to college

More than two-thirds of the 28 special-needs students who graduated from Andover High School last June are studying in college now, according to school department records.

These Chapter-766 young adults are making their way through demanding programs with strategies they picked up in assisted study programs, and with hard-won knowledge about how they learn best.

"Every student has a learning style, the way they learn best," says Garett Day, a former Chapter-766 student and

Day, his mother and the teaching team decided he would be "monitored" as a sophomore. That means he would only be watched for academic problems and admitted back into the 766 program if difficulties arose. He says the AHS program didn't meet his needs.

"He wanted out of the program," says Ms. Hart.

Looking back, he says, he could have benefited greatly from being taught in high school about how to utilize his learning style - the way a student learns best.

"I am a very strong auditory learner," says Mr. Day.

He knows he retains well what he hears.

At AHS, Mr. Day says he achieved honors grades and graduated in the top quarter of his class, entering UMass Amherst as a regular student. He says UMass is very LD-friendly with special mentoring programs and lots of academic assistance.

From his experiences at college, he says special-needs students at Andover High School can greatly benefit from using textbooks on tape and foreign language materials in audio and visual format. Computers are particularly valuable for students like him because they can check spelling and promote outlining and organizing skills, says Mr. Day.

Ms. Perlowski agrees.

Since the 1980s, special-needs students at the High School have been able to take untimed class tests, use books on tape and tape recorders, access teachers' notes and take untimed SAT exams. In addition, 766 students may schedule themselves for academic assistance for help with English papers, or assisted study to help them with starting and organizing reports.

Mr. Day has particular words of praise for Odyssey, the cross-disciplinary course for AHS seniors.

"Odyssey is the only way they should be teaching art, lit and history ... to understand a culture."

Bill Flynn: a portrait of success

In his bankers-grey three-piece suit, AHS class of '89 ring and beehive Phillips Academy tie, Bill Flynn, 25, is the picture of success. Mr. Flynn, of 3 Tamys Lane, is one of a handful of special-needs students who prepare for

a member of the AHS class of '89.

"The difference for a learning disability student is that some options aren't open to them. LD students have normal or higher intelligence, but need more time to perceive and process information. The world seems to move very fast for an LD student," he says.

Chapter-766 students with individual education plans in last year's AHS class enrolled at Roger Williams University, Johnson and Wales College, Merrimack College, North Shore Com-

munity College, Fitchburg State College, UMass Amherst, Mt. Ida, North Shore Community College and American International College, said Mary French, pupil personnel administrator. Five students went to regular employment and one entered the Marine Corps.

In prior years, former AHS students with IEPs have attended Brown University, Princeton University, UCLA, Boston College, Westfield State College and Plymouth State College, said Ms. French.

employment while at AHS and enter the workforce directly after graduation.

For seven years, he has worked for PA, training the 1,100 students in the Commons dining hall work-duty program, a job he likes immensely.

"It is good to be at PA because I like the program. It pays well."

With earnings he saved for five years, Mr. Flynn recently purchased a Macintosh Quadra 603 computer with a colorjet printer. The day he visited the *Townsmen*, he used it to prepare an extensive agenda of topics he planned to discuss in the interview.

"I get to meet kids from all over the world," says Mr. Flynn. He considers Barbara Landis Chase, head of school at Phillips, and Don McNemar, the former headmaster, his friends, and remembers with excitement the visit of President Bush five years ago.

Mr. Flynn is a developmentally delayed adult, a former special-needs student. He studied with Ann Wilde, a special-needs resource-room teacher, for 10 years and took part in several job-training programs at Raytheon Co., Lady Finelle, Bancroft School and AHS.

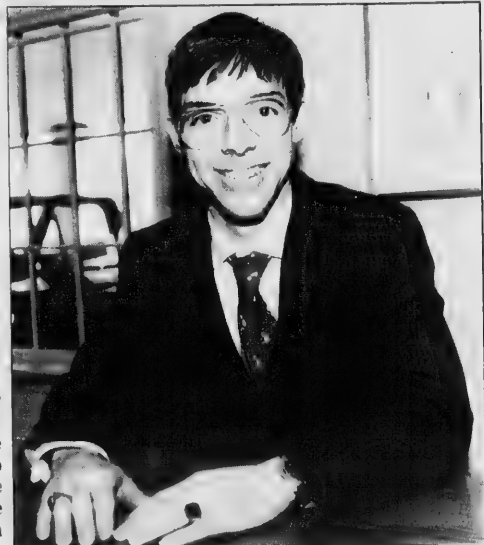
Ms. Wilde says when her students turn 14 they work part of each school day at outside pre-vocational programs. Within Andover High School, these students run the school coffee shop, contract for office work and put on the holiday fair.

While he was an AHS student, Mr. Flynn joined the track team. His speciality was the 600-meter event.

"Even though I was in Ann Wilde's class, I tried with the best of my ability to make the track team," Mr. Flynn says with pride.

He says he is comfortable with his life in this town and has many friends.

"If there was name-calling when I was growing up, I would ignore the hurt feelings and go. If there was a real



Bill Flynn

Photos by Lisa Adelsberger

problem, I talked it over with my mom or dad, and got over it," he says.

Help with spelling

Entrepreneur James Lyman, of 50 School St. and the husband of School Committee member Mary Lyman, says he knew growing up he had learning disabilities. However, he was not tested and diagnosed until he was 30, only eight years ago.

He did not attend Andover schools because he grew up in Cambridge, but says he could have benefited from the opportunities that technology offers special-needs youngsters in this town, and the chance to have his work proofread.

He was a high school student in 1971 when the special-needs law, Chapter 766, was passed.

The owner of Advanced Document Storage in Lawrence, Mr. Lyman has started three businesses and recently acquired a fourth. He says



James Lyman

[Continued on page 33]

Volunteers care for the home-bound

ing for the Care and Companion program, a program affiliated with the Andover Senior Center and Geriatric Assistance/Home Health Plus of Andover.

Volunteers in this program will visit homebound seniors over the next nine months or so to socialize and offer basic physical care. They also will channel information about homebound seniors back to Geriatric Assistance, and those details will be compiled in a report for the town.

Although funding to pay for as many as 25 volunteers was available from the state Office of Elder Affairs, only 11 people agreed to take the necessary 40-hour training program last month, according to Doreen Correnti, a member of both the Andover Council on Aging and Geriatric Assistance. But Ms. Correnti is impressed with her volunteers.

"I've never seen a more motivated group," she said. "That was sort of the common thread they all had. They all had a personal reason for wanting to

'I've been doing this work for the past 20 years. I like doing it. I get so much back.'

Joan McGravey

do this."

Francis Perry, of Railroad Street, is one of those people. A former army medic, Mr. Perry said he used to care for ill residents in other towns before he moved to Andover.

"I feel that's why we're here in this world, to help each other," he said.

Joan McGravey of Methuen, another volunteer, has worked for a fee and for free as a home-health aide and certified nurse's assistant.

"I've been doing this work for the past 20 years," she said. "I like doing it. I get so much back."

According to Sharon Souza, Council on Aging coordinator, the volunteers

will visit "people who may not feel totally comfortable going out on their own," but who are "not frail enough to warrant the services of home care." She estimates there are 45 people on the Meals on Wheels dinner-delivery program, and another 30 or 40 others that the Andover outreach department knows of, who can benefit from this program.

"And I know that that's only the people that we're coming in contact with," she said. "They get very isolated and lonely. A visit really perks them up."

"My agency was originally founded on this portion of the populace. There's a lot of isolation issues," said Ms. Correnti. "There's quite a piece of pie."

"I feel there's a lot of people out there in need," agreed Ms. Jones. "Being in a situation like that in the past myself, I know what it's like to be in that situation and not have help."

"We who are able to, should do something for them," she said. "I've been sick three-quarters of my life. Now that it's turned around I just want to help."



Photo by Lisa Adelsberger

Joan McGravey is a caring companion to homebound residents.

Seniors in voucher program helping ease town's workload

[Continued from page 11]

tional Saturday openings in the summer, and the purchase of new books and periodicals.

In response to a town survey conducted last year, Mr. Sutton plans eight Saturday openings during the summer months.

"We got a pretty strong response for that. We feel its important."

Overtime costs will increase to cover the cost of bringing in seven staff members for the Saturday openings.

Selectman Charlie Wesson asked if any seniors in the tax-voucher program were involved in projects at the library. Mr. Sutton said that the three seniors currently working help with data entry, book jackets and library scrapbooks. Mr. Sutton said he was pleased with the addition of the seniors. "We could use some more."

Council on Aging

With the hope that voters will approve a warrant article aimed at establishing a revolving account for the Adult Day Care program at the senior center, Director Sharon Souza's personnel budget is only about 2 percent above FY '95 estimated personnel costs. Two full-time positions involved with the day care program would be

paid from the account that receives its funds from payments for day care services.

Most other increases come in the categories of office supplies, copying expenses and food, due to the increase in activity at the center, said Ms. Souza.

Town Clerk

Wage step increases and an additional election in FY '96 resulted in an increase of about 4 percent over FY '95 estimated expenses in the town clerk's budget.

"My budget is dictated by the number of elections. There is a primary, so there's an extra election," said Randy Hanson, town clerk.

The town clerk's office is also benefiting from the addition of a senior citizen from the tax-voucher program. Ms. Hanson told selectmen that the senior has been of great help to her, particularly in processing town census returns.

Community Services

Department of Community Services spending will decrease by about 3 percent from estimated FY '95 costs. A revenue generating department, community services will depend on the town

for \$77,913 of its FY '96 operating costs.

Selectman Jim Barenboim questioned expenses related to use of Mastercard and Visa as payment for class fees. Peg Campbell, DCS coordinator, said that in FY '94 she processed \$82,298 worth of fees from credit card payments, at a cost to the town of about \$3,000. Mary Donahue, DCS coordinator, added that accepting credit card payments saves staff time and is more accommodating to people that, for various reasons, can't get to the town offices to register.

Finance and Budget

Selectmen discovered that the central purchasing agent position, supposedly funded jointly from the finance and school budgets, was only partially funded by the school department in FY '95.

"I'm surprised that we've never heard about this before," said Mr. Barenboim.

The position, presently filled by John Aulson, became part time as the Finance Committee continued to pay their 50 percent, but the school committee only contributed 20 percent. Mr. Wesson asked that the situation be examined, since he believed that the cost should be equally distributed

between the town and school.

In answer to Mr. Wesson's question regarding use of seniors from the tax voucher program, David Reilly, collector/treasurer, said that he had a senior organizing eight to nine years of past check registers.

"I'm very happy with the person I have," said Mr. Reilly, who said he could use more seniors in his department.

Community Development & Planning

No new positions are planned in Community Development and Planning, said Everett Penney, health director, but part time expenses will increase to cover a heavier workload, particularly for the Conservation Commission.

The town manager has recommended funding for the department's request for \$15,000 to upgrade the computer system. The comprehensive system would allow all divisions of the department to simultaneously track the permit process.

Conservation administrator Jim Greer, in answer to Mr. Wesson's question about the use of seniors in the tax voucher program, said that the senior in his department has been invaluable, doing a substantial amount of work in drafting wetland boundaries.

Technology provides advantages for Chapter 766 students

[Continued from page 32]

entrepreneurship runs in the family. His father, Frank, obtained the license for Channel 56, and his great-grandfather, Edward, launched a Chinese import business. What also run in the family are learning disabilities.

Seven of Mr. Lyman's nieces and nephews, and three of his brothers

have learning disabilities, says Ms. Lyman.

He says his spelling is "worse than average."

"I don't think you can teach me. It's better to work with a spell-checker or a word processor."

He says he probably lost a grade whenever he wrote his blue book exams in college. He explains he gener-

ally earned an "A" on typed and proof-read papers, and "B" on written tests. He attended Boston University and UMass Amherst for his undergraduate degree, and earned an MBA at UMass Amherst.

Mr. Lyman says it would have been great to write his exams on a laptop computer with a spell-checking tool.

Technology is the key

"All the kids can produce the same paper. They can work on a level playing field," says Ms. Lyman. "Technology is the key."

It may be fortuitous that just this week, a brand new Macintosh LC575 26-station lab with two 6100 Macs opened at the High School.

EDITORIALS

Get behind the Mr. Andover High contest

The fourth annual Mr. Andover High contest is this Saturday night, Feb. 11, at 7 in the Collins Center at the High School. This fundraiser for the junior class will feature 18 male contestants vying for the title and crown of "Mr. Andover High."

Last year, the seldom-used Collins Center was jammed to capacity as 13 young men in the AHS junior class competed for the title. Nearly 900 people had almost *too much* fun, watching the contestants compete in sportswear, talent- and dream-date categories - with each one getting not a little help from their female sponsors in the class.

Opening last year's talent segment was Jason Beal, dazzling fans and judges as he belted out classic tunes on his bright red accordion, all the while hunting for Easter eggs. Chris Fromme brought down the house with his juggling skills. Brian Marshall did an amazing magic act. Aaryn Schmuhl acted out a skit called "Love Letters." Playing two lovers struggling within a relationship - and wearing a half-man, half-woman costume. Peter Afarian rose to the occasion as rocker Axl Rose of Guns 'n' Roses. Jamaal Leach did a pre-Pepsi rendition of Michael Jackson. Pat Harding did a fine Elwood [or Joliet Jake], one half of the Blues Brothers. Abdel Ortiz did quite a Latin dance. Josh Lewin played a hot sax. Max Soong soloed on drums. Nate Roberts, complete with red wig, sang and danced as that Little Orphan, Annie.

Jeff Arsenault's dance and gymnastic routine to the theme music of *Aladdin* helped him earn the highest scores in all three categories, and the coveted title of Mr. Andover High.

According to Ellen Parker, assistant principal, this year's varied talent offerings include juggling, ping-pong, poetry-reading, vocalizing, lip-synching, a video and a comedy act. All contestants will entertain the audience with their group rendition of *The Electric Slide*.

Directing this year's gala evening are Karen Burke, junior class adviser, and hosts Andrea DiBenedetto and Patrick Hess, both juniors.

A panel of judges, including the *Townsmen*, will select five finalists and then crown a winner. Tickets are \$5, available at the door. Funds are raised to help offset the costs of the junior-senior prom. Proceeds from the 1994 show contributed \$2,100 to the junior class.

Looking for a way to show your support for young people in town?

Get behind Mr. Andover High.



Photo by Lisa Adelsberger

Donna Crowther, of 15 Porter Road, walks her dogs Doc and Bell through Pike School property last Sunday, following the weekend's snowstorm. Her third dog, Sandy, stayed warm at home. Close to a foot of snow fell in Andover Saturday, the largest snowfall this winter, before the precipitation changed over to rain.

Writing letters to my daughter

By Perry Colmore

I bought a book last weekend to give my son for his 23rd birthday. Called *Letters To My Son*, by Kent Nerburn, the book is written in a simple, appealing style and it is full of stories and words of wisdom and lessons for his son, and now maybe my son, too.

I was wondering what a book called *Letters To My Daughter* would include. I would tell my 24-year-old daughter to have fun, to be merry, to laugh and not to take life too seriously.

I would tell her always to remember the story of Jeffrey Malkofsky, a first-grader I met while student-teaching when I was even younger than my daughter is now. Trying to help him with his letter-reversal problem, I made up one of those ridiculous worksheets that contained sentences that had the words "saw" and "was" in them. Jeffrey, who always wore all black jeans and a black T-shirt, was instructed to



cross out the incorrect word and leave in the one that made the most sense.

One sentence in which he crossed out "saw" now said, "My father was five monkeys."

Wanting to be a caring and sensitive teacher, I said gently to Jeffrey, "Can you read that sentence for me, please, Jeffrey."

"My father was five monkeys," he read very slowly, and then looked up at me with a pleased look.

"Well, what do you think?" I tried. Jeffrey just smiled and shook his head, yes.

Other letters I would write to my daughter would contain this advice:

- Reach out to others, volunteer in places like shelters for the homeless, where the value will be more what you learn than what the people there receive.

- Remember you are not in charge. Something much more powerful is in charge and we, therefore, don't have to worry as much about the big-picture outcome, just how we behave toward our own selves and toward others.

- If you are in charge of something, say at work, share the power, teach everyone who wants to know what you do how to do it. Sharing

responsibilities helps everyone and makes everyone feel better. When you were a very little girl I shared the power at home by letting you do your own laundry when you were 7 or 8 years old.

- Listen as much as possible. Listen to what people say, to what animals say, what the wind says, listen. Shut your eyes and listen. Go to the beach, sit on the sand and listen.

- Pursue your artistic talent with passion and energy.

- Remember what we learned from Sophie the dog: Take the time to walk slowly, to look up and take in the night sky, count the stars in the Little Dipper, wonder what else you can learn from the sky.

- Plant flowers, pet dogs and cats, offer to help an old person reach something on the shelf in the grocery store.

- Smile. Frowning and being angry makes knots in one's stomach. Being nice is contagious.

- Don't forget to exercise. It makes you feel better.

- Remember how Grandma used to put you and your brother to bed when you were little. She'd sit on the side of your bed and listen to what you wanted to talk about. She treated

(Continued on page 35)

LETTERS

Wants MLK coverage

Editor, *Townsmen*:

We found it quite offensive that nothing was included in your paper about the great civil right leader, Martin Luther King Jr. He worked hard to bring about social, political and economic equality for African-Americans through peaceful demonstrations.

In part of his nonviolent efforts, Congress enacted the Civil Rights Act of 1964 and the Voting Rights Act of 1965. King also tried to pull together many racial groups to organize a march against poverty. His peaceful actions won him the support of millions of people, both black and white. As the memorial Martin Luther King day came and passed, we heard no comment by your paper about this great man. Martin Luther King Jr. worked his entire life for justice in society. Shouldn't he deserve to be written about?

Michelle Crispo
Mark J. Crispo
8 Tilton Lane

Train whistles saved relatives lives

Editor, *Townsmen*:

Regards the loud train whistle which goes through Andover and Bal-

lardvale.

My relatives owe the train whistle and a neighbor for saving their lives. Back in 1935 or '36, on a bitter cold night (early morning hours), the train going through Groton blew the train whistle loud, waking a neighbor who lived about or less than 1/2-mile away from my relatives' home. The neighbor got up and looked out the window to see my relatives' home on fire. He quickly called my aunt and uncle. My uncle went downstairs to the kitchen to answer the phone. When he opened the door, he saw the kitchen stove fall through the floor into the cellar, kitchen all ablaze. He woke up my cousins, and the two boys opened closet doors to get dressed and their clothes. The flames were coming up the walls of their closets. They were able to save some things, not much. It was a lovely farm house, with barn and shed hitched on to the house. They think maybe someone had gone into the barn to sleep and was smoking. They lost a Guernsey cow (milk as sweet as honey) and a few chickens. But they said, thank God for the loud train whistle that woke up their neighbor those early morning hours. I say, let's keep the train whistle. It saves lives.

Rhoda Calvert
132 Main St.

P.S. My relatives name was Mr. and Mrs. Willard

Tolles. They both are deceased. Sons and two daughters are living.

They want respect for voters, taxpayers

Editor, *Townsmen*:

We are writing as concerned parents of Andover school children. We felt the School Committee meeting held on Jan. 17 showed a total lack of respect for voters/taxpayers of our town. Essential questions asked, were left unanswered and most people were not given a chance to speak.

We believe voters were misled during the override. Parents were promised more classrooms to alleviate elementary school crowding. What happened? The current proposal merely shifts students from one overcrowded school to another. Voters voted for equity, not shuffling of problems. We need two more classrooms at Sanborn, now. The School Committee suggests waiting four years and to then reapproach voters with a second expansion project and vote. This is unacceptable.

Mr. Neal's facts were not always correct. As parents of South School children, we know that some class-

room numbers were under reported and wrong. Specifically, second grades at South have actual class sizes of 27, 25 and 22 children, which is an average of 25, not the average of 22 as Mr. Neal stated. Therefore, the actual 95-96 third grade average will be an astonishing 29 children in each classroom versus Mr. Neal's reporting of 27 children.

The above figures do not include any growth. What about all the new homes approved for construction? Will these be childless homes? Understanding this, Mr. Neal's list of possible budget cuts include "\$64,000 for contingency teachers' salaries; unexpected enrollment increases could mean larger class sizes. \$16,000 for kindergarten teaching position at the Shawsheen School, potentially limiting the number of families that can elect to send students there." (Quoted from *The Eagle-Tribune*, Feb. 4, 1995.)

If the currently proposed plan goes forward, transferring Bancroft and Sanborn children will not only be new and experiencing adjustments, they will find their pupil-teacher ratio higher than in prior schools. If proposed South enrollment numbers maintain or increase, the newly-built and never-

(Continued on page 36)

Letters to my daughter

(Continued from page 34)

you like people, not little kids who were insignificant. She knew what you said counted. She respected you, and therefore, you respected her.

- Remember Grandpa always sang in a loud voice in church. Singing is good for you.

- Remember the time when you were about 10 years old and you found a \$10 bill on the sidewalk and we took it to the police station. The police praised you for turning in the money and said they would hold it for two weeks to see if anyone claimed it. Your honesty was rewarded with the \$10 bill.

- Remember the time a car full of boys yelled some bad things to you and you ran all the way home, and then thought maybe you imagined the danger you could have been in, and how when we called the police and they came and praised you and told you always to follow your instincts.

- Read and write as often as possible. Learn to touch type.

- Practice random acts of kindness.

- And finally, remember the time we were eating in a restaurant with me, your uncle, your brother and three cousins. You kids were about ages 3-9 and we

had just finished ordering our lunch when the youngest, your cousin Carson, started yelling and crying, sounding like someone stuck her with a knife. She made quite a scene. Your uncle, my brother, got out of his seat, calmly picked up Carson and asked her, "What's wrong?" Carson was crying so hard she couldn't answer for a few seconds, during which I felt maybe I should call an ambulance or something, she seemed so disturbed. Your uncle calmly rubbed his baby girl's back, rocking her, saying, "There, there, it's OK, there, there" until she was calm enough to tell him: "The lady took my ring."

Carson had taken off her Cracker Jack ring and put it in the fold of the menu. The waitress didn't notice it and by mistake carried it away when she cleared the menus. He went and retrieved the powerful ring.

"Wow," I said to my brother after we'd settled back to waiting for our grilled-cheese sandwiches. "How come you didn't freak out? Carson sounded like the end of the world had arrived."

"I've learned most problems can be solved," my brother answered.

Remember that. And remember this: I love you.

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Via the Internet: Townsmen@aol.com

No computer or modem?

Send a letter to the *Townsmen* in these ways:

- By writing to us at P.O. Box 1986, Andover, 01810
- By faxing us at 508-470-2819
- Questions? Call 508-475-1943

ANDOVER
TOWNSMAN

33 Chestnut St.
Andover, MA 01810

LETTERS

(Continued from page 35)

used art/music rooms will be converted to windowless classrooms. South students will continue music lessons in hallways and limited art/painting at classroom desktops. Didn't we vote for parity?

According to Mr. Neal's statistics presented on Jan. 17, the capacity levels of elementary schools are as follows:

Elementary School	Proposed Capacity	% Above
West	843	0%
Bancroft	576	2.1%
Sanborn	469	5.8%
South	601	6.5%

We also invite those transferring to South to see the playground. It has one swingset (three swings) and three antiquated metal climbers (for 600 students). Every future swing, climber and asphalt playset must be built with parental donations. More parity?

The fact that a School Committee member suggested it was South School's turn to bear the brunt of overcrowding, clearly shows bias and animosity on his part. If School Committee members are not able to support all

of Andover, then they should step down or be removed.

Our children are our greatest resource and our future. They deserve better.

Melissa Bailey
Jeanne Cahill
Karen Lindsley
Cindy McLaughlan
Margaret Musto
Sherry Shulik

They're proud of Andover schools

Editor, *Townsmen*:

The people of Andover should feel proud. Our school system has grown by over 500 students in the past five years and is projected to increase by at least another 500 in the next five years. The exemplary programs in our schools and community, both academic and extra curricula attracted many of us to this town.

The parent representatives of the schools formed a townwide PTO to deal with the needs of all of the schools. The townwide PTO was successful in making parents and the community aware of the need for the Prop 2% override.

It is time once again for parents to join together to ensure equity for students in all of our schools, rather than each school waging its own battle.

The townwide PTO is now address-

ing the issue of teacher-pupil ratios in our school system. The number of pupils in our elementary classes needs to be equitable and in the best interest of all of our children. We should not be seeing first-grade classes at some of our schools with only 20 pupils, while another school has the potential for 26 students in its first-grades. Despite the fact that these numbers both adhere to the Andover Public Schools Classroom Staffing Policy, that policy was established back in January 1977.

While the town has looked at redistricting based on the continued growth in the South and West school districts, have they considered the increasing school-aged populations in the Sanborn and Bancroft districts as resales of properties occur? As older families without children are moving out, many families with young children are moving in.

Has the school committee truly addressed a long-range plan for the overcrowding in our schools? Might they be better off reconfiguring some of the new space at South School, and adding the two additional classrooms to Sanborn School, to allow for some flex space in these schools until the next slated phase of building occurs? We feel that the school department is not being realistic in saying that Sanborn School will have only three sections of each grade, and South School only four sections.

If you look at the projections for the next few years, these numbers will not hold true. Also, you cannot guarantee the age and number of children moving into Andover's households. We would hate to see the new art and music rooms at these schools having to be reconfigured for regular classroom use, because all of the other classrooms are full to capacity.

As ratios are approaching the middle to upper twenties in many of our elementary classes, isn't it time for the School Department to truly think about the future plans and directions for our schools?

Mary Douvadjian
11 Apache Ave.
Beth Swartz
21 Wabanaki Way

Congratulates Townsmen editor

Editor, *Townsmen*:

I am delighted that you have been recognized for your merits. Yes, indeed, you are becoming a force in this community, and for several reasons.

Right from the start you have moved all around the community. Friendly and curious, alert and aware, you probably know Andover objectively as well as anyone. And you have spoken out,

(Continued on page 37)



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LETTERS

(Continued from page 36)

mostly in positive tones. You make a very real contribution to Andover and I am really pleased to see it recognized

publicly.

So, to you a warm salute from one who inhabits the scene and who has also done a good bit of editing and publishing.

Cheers.

Frederic A. Stott
4 Robandy Road

Editor's note: Many notes of congratulations expressing sentiments similar to Mr. Stott's have been received, and although space does not allow for all of them to be printed, they are all appreciated. Receiving the New England Press Association's 1995 Horace Greeley Award was an honor for the entire staff of the Townsman.

Write to us:

- By e-mail: Townsman@aol.com
- By fax: 508-470-2819
- By mail: 33 Chestnut St., Andover, MA 01810

News Calendar

THURSDAY, FEB. 9

School Building Committee, 7:30 p.m., second floor conference room, town offices.

Board of Selectmen, 7 p.m., discussion on fixed-cost budget items and warrant articles, third floor conference room, town offices.

Andover Housing Authority, 7 p.m., 256 N. Main St.

FRIDAY, FEB. 10

School Council, 7:15 p.m., West Middle School, media center.

MONDAY, FEB. 13

Board of Selectmen, 7 p.m., third floor conference room, town offices.

Board of Health, 6 p.m., second floor conference room, town offices.

TUESDAY, FEB. 14

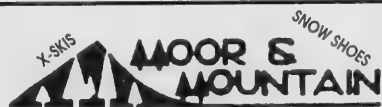
Board of Assessors, 9 a.m., assessors office, second floor, town offices.

Historical Commission, 5:30 p.m., second floor conference room, town offices.

WEDNESDAY, FEB. 15

Ad Hoc Committee for Finance, 7 p.m., third floor, school administration building.

Finance Committee, 7:30 p.m., third floor conference room, town offices.



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Planning Board chairman Hooks Johnston resigns

By Joan Brown

In a stunning announcement during the final minutes of Tuesday night's Planning Board meeting, Hooks K. Johnston Jr., chairman and longtime member, told the board he submitted his resignation to Buzz Stapczynski, town manager.

His resignation will be effective at the end of March.

Mr. Johnston said he was interested in pursuing other activities and felt that because of his length of service, the time had come to leave the board.

"I was appointed by Ken Mahony (town manager in 1989)," said Mr. Johnston. "I've been here too long."

In his letter to Mr. Stapczynski, Mr. Johnston complimented both the quality of the planning staff and planning board.

Vice Chairman Michael Miller will assume the chairman position after Mr. Johnston's departure.

Mr. Johnston's term was due to expire in 1998. A new board member will be appointed by the town manager and confirmed by the Board of Selectmen. Steve Colyer, planning director, said that he will work with Mr. Stapczynski to find the best fit for the board position.

"We've got a talent bank (and) a short list of people interested in serving on the board," said Mr. Colyer. "Ever since I've been here we've had an excellent board. I can say very candidly that (Hooks) brought a dynamic to the board that was needed. He was an asset to the board."

Other action

In other action at the meeting, the board:

- Voted to withdraw without prejudice two subdivision proposals, Sterling Oakes and Woodman Ridge;

- Completed and closed hearings on the Paddock Estates subdivision.

The board will meet for a site examination at the entrance to the property, near 20 Ballardvale Road, Saturday, Feb. 11, at 8:30 a.m. Abutters are welcome to attend. A vote is scheduled for Tuesday, Feb. 28;

The planning board canceled the next meeting, originally scheduled for Tuesday, Feb. 13.

The board will next meet on Tuesday, Feb. 28, at 7:30 p.m. in the third floor conference room at town offices.

sion of Suburban Healthcare off Stevens Street.

The planning board canceled the next meeting, originally scheduled for Tuesday, Feb. 13.

The board will next meet on Tuesday, Feb. 28, at 7:30 p.m. in the third floor conference room at town offices.

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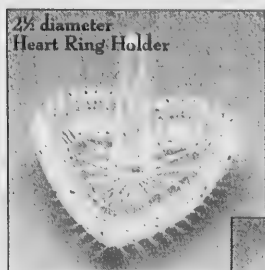
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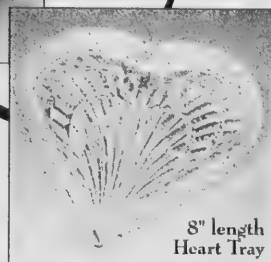
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If you have a concern or story idea for the *Townsmen* about schools, entertainment stories, social events, brides, obituaries or religion news, call Assistant Editor Jack Grady.



Andover Hockey Association, Inc. Registration for 1995-96 Season

Team
17 and under

14 and under
12 and under
10 and under
8 and under
Initiation Program

Age
July 1, 1977 - June 30, 1980
(No Spring Tryout)
July 1, 1980 - June 30, 1982
July 1, 1982 - June 30, 1984
July 1, 1984 - June 30, 1986
July 1, 1986 - June 30, 1990
July 1, 1985 - June 30, 1990
(No Spring Tryout)

Mail-in registration open to residents of Andover interested in playing on a Travel Team, In-House, or the Learn to Skate Program. **Applications available at:**

Andover Hockey Shop, Shawsheen Square.
Athlete's Corner, 8 Main Street

Registration will close on February 28, 1995. You must be registered by that date to try out for a team. All registered players will be notified of tryout times scheduled for the end of March and beginning of April.

Questions regarding AHA registration?

Call: Joan Feeley at 475-8650.

Please note: Registrations for the Learn to Skate Program will be taken at this time. A fall registration will be held only if there are still openings.

Registration ends February 28, 1995

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The Nailery opens in the Barnard Building

By Joan Brown

The Art Deco styling blends pleasingly with the Barnard Building's granite foundation wall, as early-morning sunlight filters through the storefront windows. Already, a nail technician is tending to a customer, while owner Kim Salvia eagerly prepares for another busy day.

The Nailery, a full service nail salon, opened two months ago at 10 Main St., on the newly-refurbished lower level of the Barnard Building.

Providing excellent care at reasonable prices, Ms. Salvia offers a full range of nail services and pedicures. A basic manicure is priced at \$12. Prices vary depending on additional services requested. Sculptured nail services cost about \$50.

"I have a new procedure called Hand Spa," said Ms. Salvia. Customers first have a regular manicure, she explained. Then the hands are exfoliated and receive a paraffin wax. A deep penetrating moisturizer is applied before the final coat of nail polish. Hand Spa, said Ms. Salvia, is reasonably priced.

The Nailery also offers various accessories, including bags, key chains, wallets and tee-shirts, priced from \$7 to \$40.

"Business has been good," said Ms. Salvia. An employee at Tips 'n Toes for two years, she decided that the time had come to start her own business. "I was interested in buying Tips 'n Toes, but it didn't work out," said Ms. Salvia. She found the Barnard Building a perfect location and opened The Nailery on December 5.

Ms. Salvia is an area resident with a keen interest in servicing the Andover community. Her client base is mainly



Photo by Lisa Adelsberger

Dana Wallis, left, nail technician, receives a manicure from The Nailery owner, Kim Salvia, at the new Main Street shop.

from Andover, and she said that she has enjoyed working with her customers and being a business owner here.

"It's been great."

The Nailery's hours are Tuesdays, 9

a.m. to 2 p.m.; Wednesdays and Thursdays, 9 a.m. to 7 p.m.; Fridays, 9 a.m. to 5 p.m.; Saturdays 9 a.m. to 3 p.m. Phone 470-4771 for appointments; walk-ins are welcome.

Andover Bancorp earnings increased in 1994

Andover Bancorp Inc. has announced fourth-quarter net income of \$2.5 million, or 59 cents per share, and net income of \$9 million, or \$2.16 per share, for the year ended Dec. 31, 1994. For 1993, the company reported earnings of \$1.9 million or 45 cents per share for the quarter, and \$7.6 million or \$1.84 per share for the year. The increased net income over 1993 was due primarily to high-

er net interest income and lower losses on real estate operations partially offset by higher operating expenses and an increase in the effective tax rate, from 24 percent to 35 percent.

The company also announced that its board of directors declared a cash dividend of 10 cents per share. The dividend is payable on Feb. 13 to stockholders of record on Jan. 30.

Despite dramatically higher market interest rates in 1994, loan growth continued at a healthy pace. On an annualized basis, outstanding loans rose 22 percent during the fourth quarter. Aided by the acquisition of Community Savings Bank, as well as solid internal growth, the company's asset base rose from \$831.9 million at Dec. 31, 1993, to \$1.1 billion at Dec. 3, 1994.

DESIGN DESIGN by KAREN SILVESTRI IS CLEANING HOUSE!



It's that time of year again—time to make room for this spring season's new treasures. Join us at this shop Saturday, February 11, for our Cleaning House Sale and an opportunity to sweep distinctive objects of art and fine gift, out of the store. Have any cleaning tip? Share one with us, and you'll receive an additional 10% off your purchase. We'll see you there!

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ENTERTAINMENT CALENDAR

[Continued from page 26]

readings by writer and journalist Jay Atkinson, sponsored by Lowell National Historical Park, at the Coffee Mill, 23 Palmer St., Lowell, 6 p.m.; 970-5000.

Mill Experience, see entry under Sunday, Feb. 12 for details.

SATURDAY, FEB. 18

Alexis Burakoff, 12-year-old author of *On The Ice*, signing copies of her book at Waldenbooks, Main Street, 11 a.m. to 1 p.m.; 475-8877.

Little Shop of Horrors, see entry under Thursday, Feb. 16 for details.

Role of Psyche, Dream and Myth in Cancer, 2 to 3:30 p.m., see entry under Friday, Feb. 17 for details.

Michael Moschen, juggler, dagger and mime, performance at The Music Hall, 28 Chestnut St., Portsmouth, N.H., 8 p.m.; call for prices, (603) 436-2400.

Downtown Kerouac, tour of sites in Lowell related to this author's life and writing, meet at the visitor center, Lowell National Historical Park, 246 Market St., Lowell, 2:30 p.m., free; 970-5000.

Watercolor demonstration, presentation by Caleb Stone, at the monthly meeting of the Greater Haverhill Arts Association, at the First Church of Christ, Bradford Common, Haverhill, 9 a.m. to noon, open to the public; (603) 382-1082.

SUNDAY, FEB. 19

Phillips Academy concert band, performance at Cochran Chapel, Chapel Avenue, Phillips Academy, 3 p.m., free and open to the public; 749-4263.

Night Must Fall, sponsored by 766 PAC, presented by the Quannapowit Players of Reading, 7 p.m., at Quannapowit Playhouse, Reading; tickets \$10 in advance, \$15 at the door; tickets available at Andover Bookstore, Bruegger's Bagel Bakery and from Rosemarie Lannon, 470-3119.

Black Arts Celebration, worship service featuring Chuck Teagle, gospel recording artist and the Phillips Academy Gospel Choir, at Cochran Chapel, Phillips Academy, Route 28, 10:30 a.m.; open to the public.

ONGOING Museums and Historic Homes

Andover Historical Society, 97 Main St.; *New Years Eve*: 1945 through mid-February, and *Gothic Revival: The Only Proper Style* through April 14, Monday-Saturday 9 a.m.-5 p.m., Wednesday until 8:30 p.m.; Amos Blanchard House and Barn Museum guided tours Monday-Saturday 1-3 p.m. and Wednesday, 5-8:30 p.m.; 475-2236.

Lawrence Heritage State

Park, 1 Jackson St., Lawrence. *The American Experience: A Passion of Justice*, Sunday, Feb. 12, and *That Rhythm, Those Blues*, Wednesday, Feb. 15 and Sunday, Feb. 19, shown from 1 to 3 p.m., 794-1655.

Lowell National Historic Park, ongoing programs:

Art of the Draftsman: 19th Century Plans and Drawings from the Proprietors of Locks and Canals, through May 15; 1 to 4 p.m., at the Park's Boott Gallery, 400 Foot of John St., free;

Profiles in Courage: African-Americans in Lowell, exhibit exploring the experiences of two African-American families, through February, at the Visitor Center;

Black History Month, tours, talks musical performances, children's programs and lectures, through February, call for details;

Lowell: The Industrial Revolution, multi-image slide show, Visitor Center at Market Mills, 246 Market St., 8:30 a.m.-5 p.m., free.

Working People exhibit, Visitor Center, Wednesday through Sunday, 9:30 a.m. to 4 p.m., free; *Boott Cotton Mills Museum*, weave room and interactive exhibits, 400 Foot of John St., weekdays 9:30 a.m.-4 p.m., \$3 adults, youths 6-16 \$1, senior discount, children under 5 free; 970-5000.

Peabody Essex Museum, at East India Square, Salem, *Japanese Pictures of Japanese Life: The Book Arts of Takejira Hasegawa*, Japanese art books exhibition, through May 15; also, opening reception on Thursday, Feb. 9, 745-1876.

Art Exhibitions

Addison Gallery of American Art, at Phillips Academy, Tuesdays through Saturdays 10 a.m.-5 p.m., Sundays 1-5 p.m., closed Mondays and national holidays; free and open to the public; Duncan Will 749-4015. Ongoing exhibits:

Presence of the Past: Decorative Arts at Phillips Academy, an exhibition of 135 items from the Addison Gallery vault, including silver crafted by Paul Revere, through March 12;

Industrial Evolution: Photographic Images and Ideas, exhibition documenting the development of photography and its portrayal of changing views of industrialization, through March 26;

In Thin Air, computer driven interactive musical piece by winter term artist-in-residence David Behrman, through Feb. 9;

1/4" Scale: Models of American Sailing Ships, each model in collection represents an authentic vessel in uniform 1/4-inch=1-foot scale, exhibit includes: *Santa Maria*, *Mayflower*, *Half Moon* and many others, through March 12.

Keith Carter, exhibition of his

Mojo series photographs, in the atrium gallery, Northern Essex Community College, 45 Franklin St., Lawrence, Monday through Thursday 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m., through March 31.

Laura Knott Art Gallery, exhibition of selections from the Hamill Gallery of African Art, through Feb. 27, Monday through Friday 9 a.m. to 5 p.m., weekends 1 to 6 p.m., Bradford College, Bradford, 372-7161.

Northern Essex Community College Gallery, 30-panel exhibit commemorating the 500th anniversary of Columbus's voyages, Feb. 13 through 28, at Bentley Library, Northern Essex Community College, Elliot Way, Haverhill, Sundays 1 to 5 p.m., for weekday hours call Arthur Signorelli, 374-3731.

Pamela Ellis Hawkes, exhibition of photographs at Pepper Gallery, 38 Newbury St., Boston, through February, (617) 236-4497.

Lynn Lescutoff, of Andover and Rockport, exhibition of sketches and paintings at the Mingo Gallery, 252 Cabot St., Beverly, through February, Monday through Saturday, 9 a.m. to 5 p.m.; 927-5964.

Kay Mallette, member of Andover Artists Guild, exhibition of paintings at Shawmut Bank at Shawsheen Plaza, through February.

Main Street by Dorothy Piercy, Ford's Coffee Shop mural, on view in the lobby of town offices; tote bags on sale at the Andover Historical Society to defray cost of restoration of Ford's Mural Fund, Andover Historical Society, 97 Main St.; 475-2236.

Rosemarie Webb of Andover exhibiting photos at 4th annual alumni/ae exhibition, Mass. College of Art, Arnhem Art Education Gallery, 621 Huntington Ave., Boston; through Feb. 28; (617) 232-1555.

Theatre

Beauty and the Beast, performance by Phillips Exeter Academy Children's Theater Ensemble, at Fisher Theater, Phillips Exeter Academy, Exeter, N.H., public performances on Feb. 22, 24, 25 and 26, call for times and prices; Bette Ogami-Sherwood, (603) 772-4311 Ext. 3505.

Meetings

AIDS Action of Andover Mothers Group, for mothers and other family members of people who are HIV-positive or who have AIDS, meets twice a month; call AIDS Action of Andover for information, 470-2622.

Amnesty International, Merrimack Valley Chapter; meets every second Tuesday of the month, in room 310 on the 3rd floor, Merrimack College Library, 7:30 p.m.; Debbie, 683-0737.

Greater Lawrence Camera Club, Wednesdays, Trinitarian

Congregational Church, 72 Elm St., North Andover, 7:30 p.m.; Faith Morgida 687-2377, Richard Morton 664-3140.

Israeli folk dancing, lessons weekly, Temple Emanuel, Sundays, 7 p.m., \$3; Orit Goldstein 475-3133, or Merrimack Valley Jewish Federation 688-0466.

Merrimack Valley Chapter of Embroiders Guild, third Tuesday of the month, Lee Oullette 458-6183 or Jane McCord 942-1349.

Mother of Twins Club, monthly general meeting, Saugus YMCA, 298 Main St., Saugus, 7:30 p.m., Allene Crusco (617) 245-3556 or Katie Monahan 664-4545.

Nicotine Anonymous, meets weekly at Faith Lutheran Church, 360 S. Main St., 7:15 to 8:30 p.m., 475-0183.

Parents Anonymous, meets weekly in Haverhill, Lowell, and Lawrence; no fees or dues; 1-(800) 682-1250.

Parents, Families, and Friends of Lesbians and Gays, Merrimack Valley Chapter, monthly meeting, at the North Parish Church, 190 Academy Road, North Andover, 7:30 to 9:30 p.m.

Parents without Partners Minute-man Chapter #817, Newcomers orientation meeting, second and fourth Tuesdays of each month, Royal Hawaiian Restaurant, 34 Cambridge St. (Route 3 south), Burlington, 7:30 p.m.; 667-6834 or Sharon Johnson (617) 272-8785.

Shakespeare reading group, meets on the first and third Wednesday nights each month at 7:30 p.m. in the activities room, Memorial Hall Library; Douglas Buchanan 474-0332.

Square-dancing, every Monday; Amvets Hall, Primrose Street, Haverhill; 8 p.m., Grace 373-3932, Eddie 774-7266.

Toastmasters International, 2nd

and 4th Mondays of the month, 7 to 9 p.m., in Prescott Nursing Home, Route 125, North Andover, Tod Wakeman, 683-0939.

Writers' group, Northern Essex Community College Library, Elliot Room, every Thursday, 7 p.m.; free; (603) 899-6332.

Rehearsals

Andover Choral Society, rehearsals for May 21 performance of Mass settings by Dvorak and Gounod accompanied by the Great Organ at Methuen's Memorial Music Hall, new members invited to join through mid-February, at Christ Church, Central Street, 7:20 p.m. Monday nights, (617) 944-4591 or 470-8747.

Auditions

Oklahoma, sponsored by North Regional Theatre Workshop, casting male and female dancers, singers, and many speaking roles, all roles open, auditioner should be prepared to sing (sheet music and accompaniment provided), participate in simple group dance and read script, showdates scheduled for the end of May at Wilmington H.S.; auditions on Wednesday, Feb. 15 and Thursday, Feb. 16, 7 p.m., Wilmington High School auditorium, Route 62, Wilmington; 681-0355.

Children

Playful People, non-profit drop-in playground; meets weekly at the Trinitarian Congregational Church, 72 Elm St., North Andover; meets every Thursday, 9:30 to 11 a.m.; \$1 donation per mom or dad or caregiver, \$1 for each child over 9 months; Joanie Burke 474-0383.

Family Day at the Tsongas Center, Boott Cotton Mills Museum, 400 Foot of John St., Lowell, 2 p.m., every Sunday, \$2 per person age 6 through adult, 970-5080.

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SPORTS

Girls gymnastics team achieves perfect season

By Rick Harrison

Solid all-around performances by the Shui sisters, senior Captain Irene and freshman sparkler Amy, propelled the Andover High girls gymnastics team to a solid 131.45 to 121.80 Merrimack Valley Conference dual meet victory over host North Andover last week.

The impressive victory enabled the Lady Warriors to complete a perfect regular season at 8-0-0, the second undefeated campaign for AHS girls gymnastics in the last four years. Coach Julie Chapman's talented squad also nailed down its fourth Merrimack Valley Conference championship in six years, during which time the overall record is a superb 50-11.

Andover finished one meet ahead of second place Methuen and two up on North Andover in the final MVC standings.

"Going into the season we all thought the title and undefeated record could both be achieved," said coach Chapman. "But it's still nice to go out and do it."

"There was a little anxiety before the North Andover meet, but only because it was the final dual and a loss would have cost us the undefeated season and outright ownership of the title."

"We didn't perform particularly well on beam in the last meet, and we'll have to step it up a notch for the League Meet, Sectionals and hopefully the States," noted coach Chapman.

Second Season begins

Those three big competitions constitute the "second season," which begins this Saturday when Andover hosts the MVC Championship Meet at the Dunn Gym (4 p.m.).

The Lady Warriors will be looking for their third victory in the last four years in this meet, having won it back-to-back in 1992 and 1993 before slipping to third last

February.

The Eastern Mass. North Sectionals on Saturday, Feb. 18 will bring together the top eight teams (league champs and others with highest scoring average) in this part of the state at Lincoln-Sudbury Regional High, noon start.

Andover, which topped 130 points in six of its eight meets, finished with a dual meet scoring average of 132.383. That's the highest average in the north, and can be challenged only by south power Randolph High.

Danvers had the highest single-meet score in the state this year, topping 136 points, with the Lady Warriors' 134.10 versus Methuen the second best.

Possible challengers for Andover in the North Sectionals will be Westford Academy, Acton-Boxboro, Danvers, Beverly, Woburn, Wakefield and Methuen. Statewide the locals may be battling with Randolph, Attleboro or Algonquin Regional for top honors in Massachusetts.

Shui sisters shine

In the victory over North Andover, the Scarlet Knights' dynamic duo of freshman Kim Russo and senior Renee Sestito placed 1-2 in each individual event and in the all-around. But Andover prevailed on depth.

Irene Shui was third all-around with a personal-best 33.70 score, including 8.8 for third place in floor exercise, 8.3 for third on balance beam, a personal-best 8.2 for fourth on the uneven bars, and 8.4 in vaulting.

Sister Amy Shui was fourth all-around with a 31.85, topped by a tie for third in vaulting (8.5) and a fourth in floor (8.65).

Sophomore Devin Starr, competing on a tender ankle, restricted herself to bars and finished a strong third with an 8.5.

Senior Captain Marcie Lutch tied for third in vaulting (8.5), and sophomore Nicole Carpentier was fourth on beam (8.0).



Photo by
Lisa Adelsberger

Katie Rouillard, a tenth-grader, practices for the Merrimack Valley Championship meet, on Saturday, 4 p.m., at Andover. The team has earned a perfect season, 8-0-0, the second undefeated season in the last four years.

AHS boys gymnastic squad captures five straight meets

By Rick Harrison

Seniors Bob Ellis and Barry Dubois led another strong overall team effort by the Andover High boys gymnastics squad, which stretched its dual meet win streak to five straight with an impressive 104.50 to 102.20 non-league victory over visiting Londonderry N.H. High last week at the Dunn Gym.

The triumph improved the Golden Warriors' record to 5-1-0 in duals and 6-4-0 including the Salem N.H. Invitational. The North League title was on the line earlier this week when co-leaders Andover and

defending state champion Burlington, both 4-0 in the league, clashed at Burlington High.

Andover concludes the regular season tomorrow afternoon when it hosts South Shore power Attleboro High (3:30 p.m.).

The North League Championship Meet is next Tuesday night at Attleboro High (6 p.m.), and the State Meet wraps up the 1995 campaign on Friday, Feb. 17 at Braintree High.

Andover 104.50

Londonderry 102.20

Bob Ellis was second in the all-around

competition with a 36.1 score, which included a first place in vaulting (8.6), seconds in floor exercise (6.9), high bar (6.2) and parallel bars (5.2), a third on pommel horse (4.7) and a fourth on rings (4.5).

Unlimited performer Barry Dubois placed second on pommel horse (4.7), tied Ellis for second on parallel bars (5.2), was third on rings (5.9) and fourth on high bar (4.5).

Also placing in two events were senior Scott Nicholson, junior Dan Taylor and sophomore Zach Gray.

Nicholson was second on rings (8.0) and

tied for fourth on parallel bars (5.1), Taylor tied for fourth on parallel bars (5.1) and fifth in vaulting (7.6), and Gray fifth in both floor (5.3) and high bar (4.5).

Andy Larochelle added a third in floor exercise (5.4), senior Kris Muelan was fourth on pommel horse (4.6) and freshman Brian Cutler fourth in vaulting (7.7). Also posting non-scoring personal-bests were junior John Shaughnessy on parallel bars (4.2), Zach Gray on parallel bars (4.2), junior Gregg Cerniglia (3.7) and sophomore Bill Kim (3.6) on pommel horse, and Cutler in floor exercise (4.2).

Boys and girls ski teams return to the slopes, and ice opponents

By Rick Harrison

The Andover High boys and girls ski teams both returned to the slopes last week and remained in the hunt for State Team Tournament berths.

After a forced two-week layoff because of rain and mild weather, the AHS boys improved to 9-3 by winning six of eight in four North Shore League tri-meets at Bradford Hill.

The Golden Warriors highlighted the week by handing St. John's Prep of Danvers its first loss, 69-66, and other wins came at the expense of Methuen twice (110-25 both times), Bishop Fenwick of Peabody (120-15), Haverhill (105-30) and Austin Prep (125-10).

The losses were to undefeated league

leader Masconomet Regional of Topsfield, 84-51, and to St. John's Prep, 70-65, the second time around.

Masconomet (10-0) completed a sweep of the season series against two-time defending league titlist Andover, but AHS could still qualify for states by beating North Andover in its final two meets and having Masconomet sweep SJP. That would leave Andover and St. John's tied for second place in the league (automatic berth).

The Andover girls raced twice last week, rallying to sweep a tri-meet against Bishop Fenwick (98-37) and North Andover (83-52) after dropping a pair earlier to Haverhill (78-59) and Masconomet Regional (78-57).

That left the Lady Warriors, at 3-4 for

third place with an outside shot at catching top teams Masco (7-0) and Haverhill (5-1).

Everything was scheduled to be resolved as the regular season concluded this week.

The AHS boys had back-to-back dual meets with North Andover yesterday and today.

The AHS girls hooked up with North Andover and Bishop Fenwick earlier this week, and race Methuen in their dual meet finale tomorrow afternoon at Bradford Hill (3:30 p.m.).

The annual North Shore League Interscholastic Championship Meet for both boys and girls is scheduled next Wednesday (Feb. 15) at Bradford, and the State Meet is Wednesday, March 1 at the Berkshire East

Ski Area in Charlmont.

Coach Dick Stevens' Andover boys placed second to Mohawk Regional of western Massachusetts in last year's State Team Meet, missing out on the title by five points (355-350).

Andover 120, Fenwick 15

Andover 105, Haverhill 30

Sophomore Chris Everett placed second overall to Haverhill's Todd Kuzmitski, and was first against Bishop Fenwick, in this sweep.

Everett was clocked in 22.11 seconds while Kuzmitski finished his run in 21.94.

Junior Adam Westaway was third over-

(Continued on page 42)

AHS varsity ski teams seek state tourney berths

(Continued from page 41)

all (22.18), junior Marc Edwards fourth (22.34), and following Haverhill's Dan Kuzmitski were senior Co-Captain Jesse Lugus and junior Ted Witman who tied for sixth (23.21), junior Derek DeAngelis (8th, 23.90), freshman Aron Bellorato (9th, 24.06), Dave Adey (10th, 24.18) and sophomore Jeremy Schofield (11th, 24.24).

Also racing well for the varsity were Brian LaFranchi (12th, 24.32), sophomore Erik Froburg (13th, 24.63), sophomore Pat Collins (14th, 25.12), junior Jason Bellorato (15th, 25.74) and senior Co-Captain Scott Savage (25.97).

Andover 125, Austin Prep 10 Masconomet 84, Andover 51

Marc Edwards won the race against Austin, and placed third overall behind two Masco skiers, with a 21.84 clocking.

Other top 10 overall finishers for the Golden Warriors were Chris Everett (4th, 22.07), Adam Westaway (9th, 22.48) and Jesse Lugus (10th, 22.80).

Also scoring against Masco were Derek DeAngelis (13th, 23.54), Doug Adey (14th, 24.63) and Aron Bellorato (15th, 23.70).

Those seven swept the top seven places versus Austin, and rounding out the Andover scorers against AP were sophomore Jeff Scott (8th, 24.29), Nick Kysowski (9th, 24.54), Jeff Shea (11th, 24.66), Erik Froburg (12th, 24.94), Brian LaFranchi (13th, 25.05) and Brian King (15th, 25.30).

Andover 69, St. John's Prep 66

Andover 110, Methuen 65

The Golden Warriors took three of the top four places to key the slim victory over SJP, with Chris Everett second (21.48), Marc Edwards third (21.49) and Adam Westaway fourth (21.90).

Josh Cote of St. John's Prep was the clear-cut winner with a swift 20.66 clocking.

Other top AHS skiers in this meet were Ted Witman (7th, 22.26), Derek DeAngelis (9th, 22.84), Jesse Lugus (11th, 23.16) and Aron Bellorato (14th, 23.44).

Those seven were also among the top nine finishers versus Methuen, while other scorers in the Methuen meet were Dave Adey (10th, 23.87), Jeff Shea (11th, 24.45), Erik Froburg (12th, 24.63) and Pat Collins (15th, 24.88).

Andover 110, Methuen 25

St. John's Prep 70, Andover 65

Marc Edwards won the race on frigid Monday with a 22.25 clocking, and completing a sweep of the top six places against Methuen were Adam Westaway (2nd, 22.89), Ted Witman (3rd, 23.87), Aron Bellorato (4th, 23.99), Derek DeAngelis (5th, 24.07) and Jesse Lugus (6th, 24.43).

Chris Everett was 9th (25.20), Dave Adey 10th (25.35), Jeremy Schofield 12th (25.59), Brian LaFranchi 13th (25.67), Erik Froburg 14th (25.77) and Jeff Shea 15th (26.13).

Scoring against St. John's were Edwards

(1st), Westaway (3rd), Witman (6th), Bellorato (7th), DeAngelis (9th) and Lugus (11th).

Haverhill 78, Andover 59

Masconomet 78, Andover 57

The top two teams swept the Lady Warriors for the second time this season, with Haverhill's Monique Morneault remaining undefeated as the overall race winner in 21.70.

Andover sophomore Christina Meuse, a Haverhill transfer (not Methuen as originally reported), was second individually against both opponents and third overall (22.54).

Junior Jen Prudden was third against Masco, fifth versus Haverhill and eighth overall (23.53), while other top 15 finishers in the tri-meet were junior Ali Bicknell (9th, 24.58), junior Ashley Nowell (10th, 24.66), senior Co-Captain Christine Durant (11th, 25.52), sophomore Tara Kavanagh (12th, 26.04), senior Co-Captain Carolyn Hines (14th, 26.62) and freshman Elise Brierley (15th, 26.94).

Also competing for the varsity were sophomore Anna Stowe (27.46), sophomore Sarah Walker (27.51), freshman Allison Loosigan (28.46), junior Yugoslavian native Olivera Maksimovic (28.81), junior Kate O'Donnell (28.91), sophomore Jen Paull (29.00) and junior Jen Schapira (29.73).

Andover 98, Bishop Fenwick 37

Andover 83, North Andover 52

The Lady Warriors pulled themselves back into the hunt with this sweep, grabbing the top four places behind race winner Christina Meuse (23.87), runner-up Jen Prudden (24.64), Ali Bicknell (3rd, 25.63) and Ashley Nowell (4th, 25.73).

Other top AHS finishers were Jen Schapira (6th, 26.01), Christine Durant (7th, 26.20), Tara Kavanagh (9th, 27.04), Carolyn Hines (11th, 27.52), Elise Brierley (13th, 28.64) and Sarah Walker (14th, 28.73).

Andover JV Girls

The Lady Warriors' junior varsity remained perfect (7-0) through seven meets with convincing victories over Haverhill (50-0), Masconomet (50-0), Bishop Fenwick (54-1) and North Andover (35-20).

Junior Liz Salvia was the individual winner in the double shutout of Haverhill and Masco, posting a 28.56 time, and completing a sweep of the top eight places were freshman Liz Willey (2nd), junior Heidi Kim (3rd), freshman Liz Tardugno (4th), junior Kara Stamm (5th), sophomore Christy Birrell (6th), junior Karin Mossack (7th) and junior Erin Rogacki (8th).

Liz Willey won the race against Fenwick and North Andover in 29.13, while other top racers were Jen Paull, Heidi Kim, Christy Birrell, Liz Tardugno, junior Melissa Beede, Erin Rogacki, Kara Stamm and senior Lisa Lucas.

Both Andover track teams drop to second place in MVC

By Rick Harrison

For the first time this season, the Andover High boys and girls track teams both went down to defeat on the same day.

The AHS boys, dropping their first meet of the season saw their Merrimack Valley Conference Large School Division hopes go up in smoke as unbeaten Central Catholic won their showdown, 54-32, at the Methuen High Field House.

The Lady Warriors fared no better, as perennial power Masconomet Regional of Topsfield hung tough for a 45 1/2 to 40 1/2 triumph at Methuen.

In another recent dual, the boys had kept their title hopes alive with a 43-43 tie against Lowell while the girls rocked their Lowell counterparts, 59-27.

Those results left the Andover boys at 6-1-1 overall and the girls at 5-3-0, both destined to finish second in their division to Central and Chelmsford respectively.

"Because of last Saturday's first-of-the-season snowstorm Andover, like many other teams, opted not to travel to Wheaton College in Norton for the annual State Class B Relays.

Coach Art Iworsley's Andover teams wrap up the MVC dual meet season next Monday afternoon against inter-division opponent Billerica High at the Methuen Field House (3:30 p.m.).

Andover boys 43 Lowell 43

The Golden Warriors knocked Lowell (5-1-1) out of Large School title contention with this tie at the Red Raiders' Riddick Memorial Fieldhouse.

Andover had to battle back from deficits of 17-1 (after two events), 20-7 and 32-13, finally forging the tie by winning the mile relay handily.

The relay quartet, which clocked 3:41.1 and won by more than 40 yards, consisted of senior Captain Kevin Shepard, junior Eric DeMarco, senior Captain Matt Ely and senior anchorman/Captain Jon Hall.

Shepard and DeMarco both maintained

slim leads on their quarter-mile legs, and then Ely and Hall opened the gap.

Andover trailed 43-38 entering that last race which is worth five points to the winner and nothing to the runner-up.

Hall's anchor leg completed a monster meet for him, as he was also a double individual winner in the 300-yard dash (34.5) and high jump. Hall equalled his personal-best leap of 6'2" in the latter event and barely missed clearing the bar twice at 6'4."

AHS placed first in seven events overall, other victories by Shepard in the 600 run (1:20.3), Ely in the 1000 run (2:26.7), junior miler Charlie Russo (4:40.9) and senior two-miler/Captain Mark Adams (personal-best 10:25.2).

Hall (300), Ely and Russo remained undefeated in their specialties during the MVC dual meet season, while Shepard has only lost twice (season opener versus North Andover and Central Catholic).

The only second place went to senior Greg Foltz with a personal-best 1:22.7 (by three seconds) in the 600, while third places were taken by DeMarco in the 50 hurdles (6.9), junior Josh Hatch (300, 35.8), senior Chris Fromme (1000, 2:29.7), senior two-miler Eskinder Graham (personal-best 10:30.8) and senior high jumper Mike Marcinonis.

Lowell achieved the tie with crucial sweeps of the 50 dash (Scottie Forman, Adam Anton and Prince Gaylor) and the shot put (Steve Kowalski, Dan Moriarty and Anton).

Andover girls 57 Lowell 29

A plethora of personal-best performances, and nine first places finishes in the 10 events, led the Lady Warriors to a much easier victory than anticipated.

The only sweep occurred in the 50 dash with senior Captain Jamie Barron (6.3), junior Randi Spiegel (2nd, 6.4) and junior Laura Burkle (3rd, 6.5).

Also remaining unbeaten in dual meets were senior Captain Amy Levesque, whose 40.1 in the 300 was a personal-best and the

fastest time in the league this winter, and junior distance ace Susan Ashlock with a non-school record 5:19.3 mile run.

Other winners were freshman hurdler Barbara Contos (7.4), sophomore Michelle Crispo in the 600 run (personal-best 1:34.9), sophomore Meghan Woo in the 1000 run (3:05.3), junior two-miler Erin Collins (personal-best 12:53.1), and sophomore high jumper Erin Harris (4'8").

The mile relay team of junior Kim Young, Kristen Foley, Barbara Contos and sophomore Leah Sciabarrasi also prevailed (4:53.8).

Senior hurdler Julie Rozopoulos was second (7.9), and third places were contributed by Young in the 300 dash (personal-best 42.2), sophomore Kolleen Cronin (1000, 3:07.1), miler Finuala Kelleher (no time), freshman two-miler Katherine Blais (personal-best 13:14.0) and junior high jumper Jenn Munroe (4'6").

Joining Levesque, Crispo, Collins, Young and Blais with personal-best times in non-scoring efforts were junior hurdler Christine Contos (8.1), miler Megan Roth (5:56.3), junior Missy Famiglietti in the 300 dash (42.9), Sarah Ely in the 600 run (1:47.1) and Liz Kelly in the 1000 run (3:19.2).

Central Catholic 54 Andover boys 32

The Red Raiders left no doubt as to who was better, placing first in seven of the 10 events and sweeping the shot put with Andover resident Ned Finneran's 50'3" toss leading the way.

AHS victors were Jon Hall in the 300 dash (34.9), Matt Ely in the 1000 run (2:28.8) and Charlie Russo in the mile (4:45.1).

Hall added a second in the high jump (6'0"), and other runners-up were Mike Marcinonis who tied his personal best in the 50 dash (5.7), Kevin Shepard in the 600 run (1:20.7) and Mark Adams (first dual meet loss) in the 400 (1:28.4).

Completing the scorers with third places were hurdler Eric DeMarco (personal-best 6.8), Alex Dalis in the 50 dash (5.8), Josh

Hatch in the 300 dash (36.7), Chris Fromme in the 1000 run (2:32.6) and Eskinder Graham in the two-mile (10:31.1).

Although he did not place, Matt Herling ran a fine personal-best 4:58.6 in the mile.

Masconomet 45 1/2 Andover girls 40 1/2

For the second time this season (44-42 to unbeaten Chelmsford) the Lady Warriors were edged by a narrow margin.

"There were six races that made the difference," said coach Iworsley. "We came very close to taking higher places in the hurdles, 50, 300, 600, mile and two-mile."

Julie Rozopoulos missed the meet because of the flu, and her presence would definitely have helped.

There was also uncertainty surrounding Meghan Woo's availability. Woo had been snowbound in New Hampshire while on a school trip, and it wasn't known if she would be back in time. The lineup was juggled, with Susan Ashlock inserted in the 1000. When Woo made it back for the meet it was a lucky break. But, unfortunately, there wasn't time to shift Ashlock to a different race so AHS was over-stocked with good runners in the 1000.

Both teams won five events, the AHS victories coming from hurdler Barbara Contos (7.5), Randi Spiegel (6.3) who handed teammate Jamie Barron (6.4) her first loss in the 50 dash, Amy Levesque in the 300 dash (40.3), Ashlock in the 1000 run (2:49.9) and the mile relay quartet of Michelle Crispo, Kolleen Cronin, Barron and Ashlock (4:34.1).

In addition to Barron, other second places went to Crispo with a personal-best 1:34.7 in the 600 (behind Masco's Rachel Corby who posted a league-best 1:34.0), miler Erin Collins (5:53.1) and shot putter Nicole Brooks (25'2").

Completing the scorers in third were hurdler Missy Famiglietti (7.9), Woo in the 1000 run (3:07.4), two-miler Katherine Blais (13:18.5) and Erin Harris who tied in the high jump (4'6").

Girls B-ball splits games; ties for third in MVC

By Rick Harrison

The Andover High girls varsity basketball team, whose prime motivation down the regular season home stretch is to shoot for the highest possible seeding in the upcoming Eastern Mass. Division 1 Tournament, split a pair of games last week.

The Lady Warriors first extended their win streak to five games with a 53-34 romp over Lawrence High, and then had the skin snapped by a 54-50 loss to Chelmsford.

Those results left coach George Sullivan's crew at 11-4 overall, including 6-3 in the Large School Division of the Merrimack Valley Conference, where they entered the week tied for third place with Chelmsford (trailing Haverhill and Methuen).

Andover's final breather came earlier this week against visiting Dracut, and the locals wrap up the season with home games versus Methuen (tomorrow night), defending state Division 1 champ Haverhill (next Tuesday) and Chelmsford (Feb. 23).

All three remaining games tip off at 6 p.m. at the Dunn Gym.

Scoring leaders

The freshman Muller twins continued to

pace the Lady Warriors point parade after 15 games, Charlotte with 215 for a 14.3 average and Sarah with 143. Amanda Verreault had 92 points, Sue Tully 90 and Leah Mason 88 to complete the top five.

Andover 53 Lawrence 34

Leading by only five at the half (25-20), AHS doubled up the host Lancers 28-14 in the final 16 minutes to win going away.

The victory completed a season series sweep by Andover, which also trimmed Lawrence 44-27 on Dec. 22. It was the fourth straight game and eighth time this season the locals surpassed 50 points, and the fifth consecutive game and 10th time AHS held an opponent under 40 points.

"Our fast break and free throw shooting was the difference," said coach Sullivan. "The two Mullers pushed the ball up the floor all night, and we hit 23-of-28 free throws (82.1 percent) which would be great even for a college team."

Charlotte Muller, game-high scorer with 19 points, buried 11-of-11 at the line while sister Sarah, with 13 points, converted 7-of-8 foul shots.

"We also played an outstanding second half defensively," said Sullivan. "Sue Tully was in early foul trouble, with three in the first half, so we had to go with a much smaller lineup. Amanda Verreault, Leah Mason and Jen Aylward did a terrific job defensively."

Senior forward and Captain Mason followed the Muller sisters in the scoring column with eight points, and she also pulled down nine rebounds.

Sophomore center Tully, despite limited playing time, contributed five points, 12 boards and seven blocked shots. She also managed to finish the game without fouling out. Senior forward and Captain Verreault delivered five points and eight rebounds, senior Captain Beth Cummins had three points, and quality minutes were added by junior Meghan Lynch, junior forward Aylward and freshmen Laura Orlando and Viki Pierce.

Ada Colon and Diane Madruga did the bulk of the Lawrence scoring with 17 and 13 points respectively.

"The two big guns scored their points and we concentrated on shutting down

everyone else," said coach Sullivan.

Chelmsford 54

Andover 50

The Lady Warriors' string of victories and sharp defensive efforts came to a crashing halt in Chelmsford, as the Lions (9-5) edged the locals in a hard-fought battle.

The game was close throughout, with Chelmsford inching ahead 26-25 at the half and holding Andover off down the stretch.

Only five AHS players contributed to the scoring, with Charlotte Muller pumping through a game-high 25 points to pace the attack.

Sarah Muller also hit double digits with 10 points, Leah Mason added seven, Amanda Verreault six and Sue Tully two.

Emily Kluga and Tricia Mullen paced the answering fire for Chelmsford with 20 and 13 points respectively.

Charlotte Muller buried four three-pointers, Sarah Muller two, and the Lady Warriors finished with a 20-19 edge in field goals.

The Lions won it at the free throw line, however, with a decisive 14-4 advantage from the stripe.

Boys basketball wins four-earns sectional tourney slot

By Rick Harrison

The Andover High boys varsity basketball team, which launched a brutal four-game stretch when it hosted two-time reigning State Division 1 champ New Bedford last night, stretched its win streak to four games and qualified for the Eastern Mass. North Sectional Tournament after gliding to easy wins over Lawrence, Chelmsford and Dracut recently.

The win over Lawrence was Coach Dave Fazio's 90th in six seasons at Andover, and his overall mark is now at 92-36.

The Golden Warriors entered the New Bedford rematch, which was postponed last Sunday because of the weekend snowstorm, at 10-4 overall and 7-3 in the Merrimack Valley Conference Large School Division.

Tomorrow night they continue this interesting and rugged tournament-like pre-tourney stretch that hopefully will include some payback time. AHS hosts Methuen (10-4) tomorrow night, hosts undefeated Haverhill (14-0) next Tuesday, and plays at Central Catholic (12-3) on Friday, Feb. 17. Andover lost to all three of those teams earlier this season. The locals were

pasted 71-57 by Methuen, after clubbing the Rangers 62-46 in the season opener, dropped a 76-75 overtime decision to Haverhill on Kenyon Foster's free throw with 5.8 seconds left, and were beaten at the buzzer by John Melia and Central. 62-60.

Scoring leaders

Matt Gibson and Eric Danis remain the 1-2 punch after 13 games. Gibson with 297 points (22.8 average) and Danis with 255.

Danis also continues his private assault on 1,000 career points, moving his total to 869 entering the Dracut game.

Andover 61 Lawrence 42

Matt Gibson and Eric Danis combined for 40 points, and the Golden Warriors picked up the pace in the second half to gallop away from the host Lancers.

The game marked the welcome return of senior guard and Captain Tom Tanin, who had missed the previous four with a severely sprained ankle. He played 12 minutes and scored four points, hitting his first two shots. Senior forward Gibson led the way with 23 points and 12 rebounds, senior guard and Captain Eric Danis added 17 points and six assists, and senior center Cris Brown played well with eight points and eight boards. Tanin and sophomore Corey McLaughlin contributed four points each, junior forward Paul McNeice hit three free throws, and junior point-guard Pat Sharkey converted a pair of charities.

Andover led 27-21 at the half and outscored Lawrence 34-21 after the break.

It marked the seventh time this season the Golden Warriors have held an opponent to 50 points or less.

Andover 76 Chelmsford 52

This game was over relatively early as the Golden Warriors moved within one victory of clinching their sixth straight tournament berth with Fazio at the helm.

Andover had a comfortable 36-21 half-time lead en route to its second highest point total of the season (78 versus Wilmington) and third 70-plus game.

Matt Gibson and Eric Danis continued to shred the opposition, Gibson with 22 points and Danis 20. Nine players entered the scoring column, including 6'6" Corey McLaugh-

Sang Lee took third.

Blongiewicz and Sheldon, swimming the 200-yard free for the first time this year, finished first and second, respectively, with Lee placing fifth. The one-two finish extended the lead for the Warriors as the score after two events was 21-9.

Adam Moskel brothers won the 200-yard individual medley with brother, Mark, coming in third. The Andover lead widened to 30-16.

The 50-yard freestyle was the closest



Photo by Lisa Adelsberger

Pat Sharkey, junior point guard, takes control of the ball at a recent practice of the Andover High School basketball team.

lin with a personal single-game season-high nine points. Tom Tanin resumed his climb back to peak form with eight points, Pat Sharkey drained two trifectas for six points,

senior guard Paul Cassidy netted five, and single field goals were contributed by junior swingman Chris Mann, 6'6" Cris Brown and 6'6" Paul McNeice.

Boys varsity swimmers sink Lowell, sprint to perfect 6-0 record

Andover High School swimmers defeated Lowell for the second time this season to remain undefeated, 95-82.

The Golden Warriors won every event until swimming unofficial in the last three events.

Adam Schoen won the 100-yard butterfly and 500-yard freestyle.

Chris Blongiewicz, Adam Moskel, Schoen and Mark Moskel took top honors in the 200-yard medley relay, while Chris Sheldon, John Meli, Matt Stitham and

race of the meet, even if it was between two Andover swimmers. Pete Bolway touched out Stitham to finish first, and Dan Hahn, usually a distance swimmer, finished fifth with a career best time. After the 50, the Warriors' lead was still widening, 41-21.

In the diving segment, Greg Litchfield, performing a 1 1/2 somersault with a full twist, the toughest dive of his career, squeezed out a victory over Stitham.

Schoen won the 100-yard butterfly with

Adam Moskel finishing right behind. The Warriors lead after six events was 61-32.

Freshman Sang Lee won the 100-yard freestyle with Bolway and Joel Elzweig finishing third and fourth, both posting personal bests for the year.

Schoen swam the 500-yard freestyle for the first time this year and won in a state-qualifying time. Mark Moskel, already a state-qualifier in this event, finished second, and Co-captain Dave Mazin came in fourth.

AHS hockey wins Eastern Mass. tourney bid

By Rick Harrison

The Andover High hockey team's "Captain Clutch," Dana DiFiore, scored yet another late game-winning goal as the Golden Warrior icemen qualified for the Eastern Mass. Division 2 Tournament with a pulsating 6-5 victory over Haverhill last week.

That turned out to be the only game played, with Saturday's scheduled contest at Wilmington postponed by the season's first snowstorm.

The tournament appearance later this month will be Andover's fourth straight since coach Bill Cullen took over in 1991.

AHS, which received a huge boost from Billerica when the Indians knocked off Small School second-place team Tewksbury last week, had a huge showdown with the Redmen Tuesday night at Merrimack College.

Andover entered that game with a 7-2-0 league record and 9-3-0 overall mark, while Tewksbury stood 4-3-0 league and 9-4-0 overall.

The Golden Warriors host Large School

power Chelmsford (11-2-2) on Saturday afternoon at Merrimack College (1 p.m.), and battle winless Lowell next Wednesday night at the Janas Rink in Lowell (8 p.m.).

The Wilmington snowout will be made up at a later date.

Scoring leaders

Chris Cullen began the week as Andover's top scorer, and he was also tied for first in the MVC Small School Division scoring race with 17 goals and 16 assists for 33 points (Lowell's Brian Akashian had 20-13-33).

Scott Munroe had 11-17-28 points after 12 games, Dana DiFiore 11-9-20 and Jeff Hesenius 8-9-17.

Andover 6 Haverhill 5

The last seven times these two teams have met, spanning a four-year period, each game has either been decided by one goal or ended in a tie.

Earlier this season Haverhill pulled out a 5-4 victory with a goal by Adam Hackett with 20 seconds to play. Last year Andover

won 4-3 and the teams tied 6-6, in 1992-93 Andover won 3-2 and the teams tied 3-3, and in 1991-92 Haverhill won the second meeting 6-5 (after an earlier 6-2 Hillies' romp).

"It's developed into a terrific rivalry," said coach Cullen. "The games have been well-played and intense, without any rough stuff."

Captain Clutch, who scored with nine seconds left to beat Methuen (4-3) and with 48 seconds left to ice a 7-4 tournament win over Acton-Boxboro earlier this season, broke a 5-5 tie with yet another well-timed game-winner 2:50 from the final horn against Haverhill.

DiFiore and Chris Cullen accounted for all the goals, Cullen registering his second hat trick of the season and DiFiore also adding three goals for his first trick.

DiFiore's clincher came on the power play during a scramble in front of the Hillies' net, with Gold Line mates Scott Munroe and Cullen notching the assists.

DiFiore and Haverhill's Mark Duquette traded first-period goals. The Hillies then

moved ahead 3-1 in the opening six minutes of the middle period, but AHS roared back to take a 4-3 lead on an unassisted goal by Cullen (8:08). DiFiore's second of the game just 47 seconds later, and Cullen's tally with 17 seconds left in the period.

Cullen completed his trick 35 seconds into the final stanza, but Haverhill fought back to a 5-5 deadlock on goals 86 seconds apart midway through the period by Mike Shanahan and Duquette.

That set the stage for Captain Clutch's game-winner.

Captain Munroe finished with three assists, junior defenseman Brian Kwon contributed two, and single setups went to Cullen, junior rear guards Jeff Hesenius and Jeff Mazza, and sophomore twins Albert and Robert Kwon.

Senior goaltender Jason Veilleux went the distance in net, finishing with 15 saves as the Golden Warriors outshot Haverhill 38-20 including 17-6 in the second period.

The two hat tricks were Andover's sixth and seventh of the season.

CHURCH BASKETBALL LEAGUE

St. Augustine A grabs senior girls division hoop title

St. Augustine A, having clinched the title, moved a step closer to an undefeated season with a 12-6 victory over St. Robert's B in recent Senior Girls Division play at Andover High.

The other division game was a barn-burner, as Allison Corey's fourth-quarter basket lifted St. Augustine B to a 13-12 decision over St. Robert's A.

Scoring leaders

Sara Thomas of St. Robert's A continues to top the point parade with 35, followed by Katelyn Nugent and Hillary Fitzpatrick of St. Augustine A with 29 and 26 respectively, Allison James of St. Augustine B 23 and Courtney Sullivan of SAA 21.

St. Augustine B 13 St. Robert's A 12

Both teams emerged with similar 3-4 overall records, tied for second place, as the spirited play of guards Allison Corey and Kate Gurry carried SAB back from an early 4-0 deficit.

St. Robert's A made it very interesting at the end. Adrienne Ciampa scored with 12 seconds left to make it 13-12, and with nine seconds to play SRA stole the ball but could only get off a shot that missed connections.

Gurry was game-high scorer with 6 points, Corey added 4, Allison James 2 and Lisa Verreault a very important third-quarter free throw.

Sara Thomas and Ciampa pocketed 4 points each for St. Robert's A, while Jenny Downes and Sarah Henry contributed two free throws apiece.

St. Augustine A 12 St. Robert's B 6

Forward Katelyn Nugent's inside shooting produced a game-high 6 points, and 7th grade guard Hillary Fitzpatrick's steady play and 4 points led coach Dave Murphy's division champs to their seventh straight win (7-0). Shauna Robb added a first-quarter basket, while Suzanne Zannoni and Courtney Sullivan also played well.

Tossing in 2 points each for St. Robert's B were Cara Chiaraluce, Cathy Filbin and Katie Witman.

	W	L	PF	PA
St. Augustine A	7	0	117	64
St. Augustine B	3	4	99	120
St. Robert's A	3	4	90	84
St. Robert's B	1	6	79	117

ACBL Scoring Leaders

FG-FT-Pts

Sara Thomas, SRA	17	1	35
Katelyn Nugent, SAA	13	3	29
Hillary Fitzpatrick, SAA	13	0	26
Allison James, SAB	11	1	23
Courtney Sullivan, SAA	10	1	21
Kate Gurry, SAB	8	1	17
Colleen Bateson, SRB	8	0	16
Katie Witman, SRB	8	0	16
Kristen Herlihy, SAB	7	1	15
Michelle Zaiter, SAB	7	1	15

St. Robert's C team leads senior division with perfect record

St. Robert's C fought back numerous late-game thrusts by St. Robert's B en route to a hard-fought 39-34 victory, maintaining its undefeated record and first place position in the Senior Boys Division of the Andover Church Basketball League.

It would take a major upset in the final two games to keep SRC (6-0) from winning the championship.

In other recent ACBL Senior play at the Doherty Middle School, St. Robert's A slugged St. Augustine D, 63-33, Temple Emanuel doubled up St. Augustine C, 22-11, and St. Augustine A edged St. Augustine B, 27-24.

Scoring leaders

Matt Kobelski of SRC continues to head the division scoring race with 80 points, followed by Frank Fitzpatrick of St. Augustine D (57 points), David Cordima of St. Augustine B (51), Mark Rocca of St. Robert's B and Rives Borland of Ballardvale United (48 each).

St. Robert's C 39 St. Robert's B 34

SRC led 16-14 at the half and 28-22 early in the fourth quarter, before SRB's Mark

Rocca popped in three straight long-range shots to tie it 28-28 with 4:07 left.

The division leaders followed with an 8-2 run, capped by two Mike Giles free throws, for a 36-30 lead with 55 seconds remaining. Never-say-die SRB fought back to 36-34 on an Andrew Ormsby bucket and Matt Schrader 20-footer with 20 seconds left.

The SRC victory was finally sealed on insurance free throws by Sean Thomann and Giles, the latter converting two with five seconds to play.

Unheralded Matt Spada and Matt Sheehan were keys to the victory, scoring on almost every opportunity and finishing with 8 and 6 points respectively. Matt Kobelski and Giles added 8 points each for SRC, Thomann had 5 and Tommy McLaughlin 4.

SRB center Ormsby, who swished several 10-footers throughout the game, was high man with 14 points. Rocca added 8, Charles Daher 4, Matt Brooks two free throws, and single baskets from Ryan Nelson, Stephen Papadopoulos and Schrader.

Both teams hit 16 field goals, but SRC held a decisive 7-2 edge at the free throw line as Giles netted 4-of-5 and Thomann 3-of-

4 charities.

St. Robert's A 63 St. Augustine D 33

The unscheduled shift from West Middle (leaky gym roof) to Doherty Middle did wonders for St. Robert's A (3-4), whose skeleton crew put on a shooting exhibition despite the absence of four players who were on a ski trip.

SRA hardly missed a shot in the game, whether from the outside or inside, as the winners nearly tripled their average by pouring through 63 points after scoring only 143 in their first six games (23.8 average). All six players scored for SRA, which had a modest 23-11 halftime lead before exploding for 40 second-half points.

Richard Sheldon had a particularly strong effort, hitting a variety of inside shots and finishing with 21 points (15 in the second half). He had scored 17 in the first six games.

Kevin Barry and Nick Lunger also had their biggest games of the season, hitting double digits with 14 and 10 points respectively. Nishant Mehta added 8, Matt James 6 and Chris King 4.

Frank Fitzpatrick and Bobby Heitz

caught the fever for St. Augustine D (2-4) in the third quarter, draining several long bombs. Fitzpatrick finished with 17 points, nine in the third, and Heitz had his 6 in the third period.

Matt Leonard contributed 3 points, single baskets were notched by Eric Larose, Nathan Ruiz and Max Trombly, and Aaron McNabb converted one free throw.

Temple Emanuel 22 St. Augustine C 11

Temple (2-4), despite a sputtering offense, was never seriously threatened en route to its second straight win after several tough, close losses.

Justin Games, Dan Gibson and Adam Silevitch pumped through 4 points each for the winners while Andy Bellistri, Josh Garick, Jesse Greenspan, Jeff Newman and Gregg Roy added 2 apiece.

Mark Hurling battled hard on the boards and was game-high scorer with 6 points for SAC. Mike Gaulin and Ben Urbelis contributed one basket each and Matt Kish one free throw.

(Continued on page 46)

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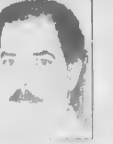
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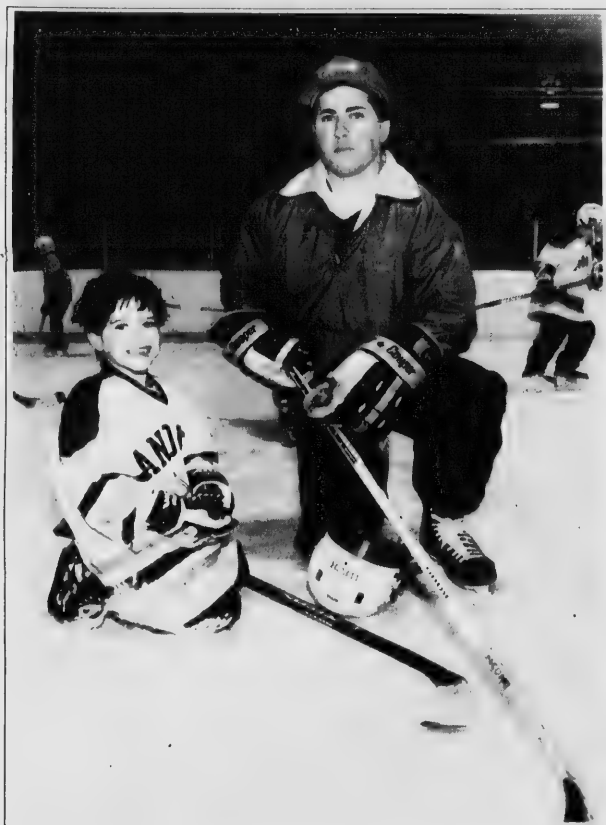


Photo by Lisa Adelsbeger

Joey Benedix poses with his dad, Kevin, at a recent Andover Hockey Association clinic. They have just recently moved to Andover.

St. Robert's C team earns first

(Continued from page 44)

St. Augustine A 27
St. Augustine B 24

SAA (4-2) trailed 15-13 at the half, tied it 21-21 after three quarters, and broke a 24-24 deadlock in the final 1:19 on a Steve Arseneault free throw and Ben Mertes insurance hoop.

Brian Anderson and Mertes both returned from the injured list and contributed vital inside play for the winners. Arseneault's outside shooting was also a factor, as he and Anderson shared team-high honors with 8 points each.

Mertes finished with 4 points, Jim Newell 3, Brian Kramer 2 and Joel Rybicki 2.

Dave Cordima was a constant threat for St. Augustine B (2-4) and emerged as game-high scorer with 13 points. Charles Murnane hit on several fast-break hoops and finished with 7 points, while Chris Cordima and Leo DeMarco added 2 each.

The foul line was the difference, as both teams hit 10 field goals but SAA held a 7-4 edge at the stripe.

ACBL standings: Senior Boys Division

	W-L-PF-PA
St. Robert's C	6 0 187 149
Ballardvale	5 1 188 131
St. Robert's B	4 2 231 158
St. Augustine A	4 2 167 123
St. Robert's A	3 4 206 215
St. Augustine D	2 4 149 213
Temple Emanuel	2 4 144 149
St. Augustine B	2 4 147 169
St. Augustine C	0 7 93 205

Scoring Leaders

	FG-F-T-Pts
Matt Kobelski, SRC	33 14 80
Frank Fitzpatrick, SAD	25 7 57
Dave Cordima, SAB	21 9 51
Mark Rocca, SRB	24 0 48
Rives Borland, BU	21 6 48
Andy Gilmore, BU	18 6 42
Matt Schrader, SRB	17 6 40
Richard Sheldon, SRA	17 4 38

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Design Lighting's annual Presidents' Day Sale will be from February 13th through the 20th. This store-wide sale includes chandeliers, lamp shades, outdoor lighting, floor and table lamps. In addition to the sale, there will be a Casablanca ceiling lamp promotion.

Design Lighting is located in the North Andover Mall on Route 114 in North Andover. Store hours are Monday, Friday and Saturday 9 a.m. to 5 p.m. and Tuesday through Thursday 9 a.m. to 8:30 p.m. The electrical counter is open Monday through Friday 7:30 a.m. to 5 p.m.

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Danis aims for 1,000

By Rick Harrison
 The "Eric Danis Watch" is officially on.

The Andover High boys' varsity basketball senior guard/forward is on target to score 1,000 career points.

With his 255 points in 13 games this season, Danis has boosted his three-year totals at AHS to 869 points on 340 field goals (six three-pointers) and 183 free throws.

Danis netted 279 points in 1992-93 as a sophomore and 335 in 1993-94 as a junior.

He needs 131 more points to achieve the rarely-attained milestone, and has seven regular season games and most likely at least one tournament game in which to do it.

Most high school players who do reach 1,000 points also play as freshmen, needing four years.

The Golden Warriors other scoring machine, senior forward/center Matt Gibson, has 297 points this season and 667 for his career.

Gibson has 284 field goals (one three-pointer) and 98 free throws during his three years. He scored exactly 100 points as a sophomore in 1992-93 and added 270 as a junior in 1993-94.

Andover at Bay State Games

Ten Andover athletes competed in last weekend's 10th annual Bay State Winter Games which were held in Williamstown, North Adams and Cummington.

Dick Jensen, 53 years old, earned a bronze medal in the Masters Ice Hockey Tournament.

Seven of the participants, members of the Andover High ski team, competed in the alpine skiing. They are Ali Bicknell, Jesse Lugus, Christina Meuse, Jen Prudden, Jen Schapira, Adam Westaway and Ted Witman.

Elizabeth Asch and Jamie Kaplan competed in figure skating.

BUSINESS PROFILES



Teppanyaki chef Huh Song Hak, nicknamed "Samurai"
Yokohama Japanese Steak House

The Yokohama Japanese Steak House offers authentic Korean and Japanese cuisine in a lively and fun atmosphere. The diners enjoy the drama of the chef's presentation of a meal prepared at their Teppanyaki table in the finest Japanese tradition. The expertise at food preparation displayed with the "faster than the eye" slicing of the meat and the humor of the chef as he pops a shrimp into his shirt pocket (and sometimes the customer's pocket!) make for humorous and entertaining dining. The diners are treated to the theatrics of flames igniting as the food is prepared. Teppanyaki is served as both dinner and a lunch time special. The customer may choose from two types of seating arrangements, the Teppanyaki tables or the

usual tables in the main dining room.

The Yokohama Steak House serves an extensive variety of Oriental dishes. Appetizers include over 50 varieties of sushi, either as an appetizer or entree. The California Roll consists of crab meat and avocado rolled with seaweed. It is a delight to the eye as well as the palate. The Beef Soup A La Yokohama takes eighteen hours to prepare. Beef, poultry and seafood entrees may be ordered, or different combinations of the three. There is a lobster special of two lobster tails and shrimp. The food is artistically presented.

Manager Jun Jin Won is dedicated to bringing the customers the finest Japanese and Korean foods available. The entire menu

is available for take out. Reservations are recommended for the Teppanyaki Room.

The coupon on this page entitles the customer to one free dinner (the least expensive) with an order of four dinner entrees. Offer expires March 4, 1995.

Yokohama Japanese Steak House is located at 311-313 South Broadway (Route 28), just across the border in Lawrence. Parking is available behind the restaurant. Hours are Monday 5 to 10 p.m., Tuesday, Wednesday and Thursday 11:30 a.m. to 3 p.m. and 5 to 10 p.m., Friday and Saturday 11:30 a.m. to 3 p.m. and 5 to 11 p.m., and Sunday 1 to 9 p.m.

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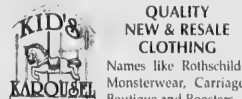
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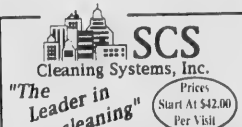
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BUSINESS PROFILES



Owner Mike Scenna and Fred Whitten

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They are gearing up for the big baseball,
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is always in demand and available.
There is a selection of bike and helmets for
safety.

Play It Again Sports buys, sells, trades
and consigns new and used sports equip-
ment. They recycle these same used goods
back to the public through their retail stores
at a fraction of the new price. One of their
goals is to provide good used equipment to
those who want to participate, but find equip-
ment costs prohibitive. The new equipment

that they carry is basic, good quality, and
affordable. Used equipment is at least one-
half off the original price.

Play It Again Sports is a neat and well
organized store where it is fun to browse.
Owner Mike Scenna and his assistant are
knowledgeable and able to give advice on
the proper equipment needed for a specific
sport.

Out of season equipment is also avail-
able. A large selection of hockey equipment
is presently on hand at Play It Again Sports.
as are ski boots, skis and poles; ice skates;
soccer gear; and exercise equipment such as
bikes, weights and benches. Call to see if
they have the equipment to meet your needs.
Virtually every sport is represented.

The sporting goods carried is particularly
appropriate for youngsters who rapidly out-
grow their equipment and for those who
would like to try a sport without investing
large amounts of money.

Play It Again Sports also offers services
such as golf club repair and regripping, skate
sharpening (while you wait) and ski tuning.

Play It Again Sports is located in the
Stadium Plaza, 160 Winthrop Avenue,
Lawrence (across from Showcase Cinemas).
Hours are Monday through Wednesday 10
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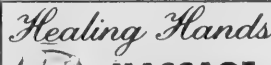
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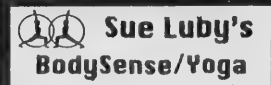
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Merrimack Valley Pirates host swim meet

The Merrimack Valley Pirate swim team hosted its annual January swim meet recently at the Greater Lawrence Technical School pool.

8 and under age group

Brian Fiske won the 25- and 50-yard freestyle, butterfly, backstroke and breaststroke, 100 free and 100-yard individual medley. Jonathan Meltz was second in the 25-yard breaststroke, third in the 25 free, 50 fly and breaststroke and 100 I.M., fourth in the 50 and 100 free and fifth in the 25 and 50 back and 25 fly. Justine Douvadjian placed first in the 100-yard freestyle, second in the 25 free, 50-yard free, backstroke, butterfly and breaststroke and 100-yard I.M., third in the 25 back and fourth in the 25-yard fly and breaststroke.

9-10 age group

Connie Brown won the 100-yard backstroke and was second in the 200 I.M. She also swam in the senior division and placed fourth in the 10-yard butterfly and 12th in the 50 free. Erica Douvadjian was first in the 50 free, second in the 100-yard breaststroke, sixth in the 50 free, seventh in the 100 free, 10th in the 200 I.M. and 12th in the 50 back, 100 I.M. and 200 free. Caitlyn Geary was fourth in the 50 fly and 100 I.M., fifth in the 200 I.M., sixth in the 100 and 200 free and 100-yard breaststroke, seventh in the 50 free and 100 fly, eighth in the 50-yard breaststroke and 100 back and 11th in the 50 back. Marianne Rice was sixth in the 50 and 100 back and ninth in the 100 fly. Christina Cassell was 10th in the 50 back and 11th in the 50 free, 100 fly, and 100 and 200 I.M. Susie Wilson was third in the 200 I.M., Meghan O'Connell was eighth in the 200 I.M. and Allison Greene was 10th in the 100-yard breaststroke. Michael Richard was second in the 100-yard breaststroke, fifth in the 50 breaststroke, seventh in the 100 back, eighth in the 50 back, ninth in the 100 and 200 I.M., 50 free and 50 fly and 11th in the 200 free. Charles Kinnett was third in the 200 free, fourth in the 100 I.M., fifth in the 100 free, sixth in the 50 free, seventh in the 100 fly and 200 I.M., eighth in the 100-yard breaststroke, ninth in the 50 breaststroke and 10th in the 50 fly. Colin Callahan-Higgins was third in the 50 breaststroke, fifth in the 50 free, 100 breaststroke and 100 and 200 I.M., seventh in the 50 fly, 50 back and 100 and 200 free and ninth in the 100 back. Ryan Middlemiss was fourth in the 50 free, fifth in the 100 fly, sixth in the 200 free, eighth in the 100 free and 200 I.M., ninth in the 50 fly and back, 10th in the 100 breaststroke and 12th in the 100 I.M.

11-12 age group

Alexis Casselle was fourth in the 50-yard breaststroke. Sophie Cowan was sixth in the 50 free, seventh in the 100 and 500 free and eighth in the 200 free. Liz Tung was sixth in the 50 breaststroke, eighth in the 100 back, ninth in the 100 breaststroke and 12th in the 50 back. Sally Brown was seventh in the 50 free and 10th in the 50 fly. Emily Rochefort was eighth in the 50 breaststroke, 11th in the 200 I.M. and 12th in the 100 breaststroke. Stacy Allberg was ninth in the 50 fly and 12th in the 100 free. Kailyn Richard was 11th in the 100 fly and

back. Ross Clay was second in the 50 breaststroke, third in the 509 fly, fourth in the 50 free, fifth in the 100 free, sixth in the 200 I.M., eighth in the 100 fly and breaststroke, ninth in the 200 free, 10th in the 500 free, 11th in the 100 I.M. and 12th in the 50 back.

13-14 age group

Jackie LeMoine was third in the 200 fly, eighth in the 100 fly, 10th in the 100 breaststroke, 11th in the 200 breaststroke and 12th in the 200 I.M. Andrea Girolamo placed third in the 1200 breaststroke, fourth in the 200 I.M., eighth in the 100 free, 10th in the 50 free and 200 back and 12th in the 200 free. Rebacca Maccaro was fourth in the 200 fly. Shannon Callahan-Higgins was seventh in the 100 and eighth in the 200 breaststroke. Jamie Viglione was eighth in the 50 free and 12th in the 100 back and 200 breaststroke. Kerry-Anne Russo was 12th in the 200 I.M. Joe Sipos was sixth in the 50 free, seventh in the 100 free and 200 and 400 I.M. and eighth in the 200 breaststroke. Jeff Wilson was sixth in the 200 fly, seventh in the 100 back, eighth in the 100 fly and 400 I.M., ninth in the 500 free, 10th in the 200 I.M. and 12th in the 50 and 200 free. Jim Russo was ninth in the 400 I.M., 10th in the 100 breaststroke and 12th in the 200 I.M.

Senior division

Clewis Kinnett was first in the 200 I.M., second in the 400 I.M. and 500 free, third in the 100 and 200 free and 100 breaststroke, fourth in the 200 breaststroke, seventh in the 100 back and ninth in the 50 free. Karen Barry was second in the 100 breaststroke, fifth in the 100 and 200 free and 100 back and seventh in the 200 breaststroke and 200 and 500 free. Jenna Blongiewicz was third in the 50 free and 500 free, fifth in the 200 free and ninth in the back. Jillian Middlemiss was fourth in the 100 free, fifth in the 200 fly, sixth in the 400 I.M., seventh in the 200 back, eighth in the 50 free, 100 back and 200 breaststroke, 10th in the 100 breaststroke and 11th in the 100 fly. Amy Fischer was third in the 200 breaststroke, fourth in the 500 free and 200 breaststroke, seventh in the 100 I.M., ninth in the 200 free and 10th in the 100 fly. Tracie Grant was third in the 100 back, fifth in the 500 free and eighth in the 100 free and breaststroke. Meghan Donahue was fourth in the 200 fly, fifth in the 100 fly, eighth in the 500 free and ninth in the 100 breaststroke. Dorothy Rice was sixth in the 100 and 200 breaststroke and 11th in the 400 I.M. Tara Williams was sixth in the 500 free. Chris Blongiewicz was first in the 100 free and back, second in the 50 free and 200 I.M. and third in the 100 fly and 200 free. John Newland won the 200 free, was second in the 100 back, third in the 100 free, fourth in the 50 free and 200 I.M. and seventh in the 100 fly. Ray LeMoine was first in the 200 back, third in the 400 I.M., fourth in the 100 free, seventh in the 100 fly and 200 free and breaststroke, ninth in the 100 breaststroke and 11th in the 200 I.M. Adam Schoen was fourth in the 100 back, fifth in the 200 I.M., sixth in the 100 and 200 free and ninth in the 100 fly. Scott Campbell was fourth in the 100 fly, fifth in the 200 fly, sixth in the 50

free, eighth in the 100 breaststroke, ninth in the 200 free and 10th in the 100 free and 200 I.M. Jeff Middlemiss was fourth in the 500 free, eighth in the 200 back, ninth in the 50 free,

[Continued on page 51]

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Richard C. Mazzarella and Mary T. Mazzarella to Northmark Bank, dated July 26, 1989, and recorded with the Essex North County Registry of Deeds in Book 2970, Page 266, for breach of the conditions of said mortgage and for the purpose of foreclosing the same, there will be sold at Public Auction, at 12:00 p.m. on the 9th day of March, A.D. 1995, at the mortgaged premises described which is numbered 24 Granli Drive, Andover, Essex County, Massachusetts, all and singular the premises described in said mortgage.

To Wit:

The land in Andover, Essex County, Massachusetts, bounded and described as follows:

The land in Andover, with the buildings thereon, shown as Lot 15, as shown on a plan entitled "Definitive Plan of Granli Estates Subdivision Plan of Land in Andover, MA of Granli Drive dated 10/16/84, revised 12/15/84, revised 2/7/85, Dana F. Perkins & Associates, Engineers and Surveyors" which plan is recorded at the Essex North District Registry of Deeds as Plan No. 9819

Being the same premises conveyed to us by deed of John F. Sullivan, Jr., President and Treasurer of New England Design Build, Inc., dated April 28, 1989 and recorded in said Registry at Book 2924, Page 26.

Terms of Sale:

(a) Said premises will be sold and conveyed subject to the following matters of record:

First Mortgage to Eastern Savings Bank from Richard C. Mazzarella and Mary T. Mazzarella dated April 28, 1989 recorded with said Deeds in Book 2924, Page 27;

Restrictions and easements set forth in an instrument dated April 1, 1985 recorded with said Deeds in Book 1948, Page 21;

Easements set forth on a Plan dated October 16, 1984 and revised December 15, 1984 and February 7, 1985 recorded with said Deeds as Plan No. 9819.

Easement to New England Telephone and Telegraph Company dated May 28, 1985 recorded with said Deeds in Book 1979, Page 66; and

Order of Conditions No. 90-333 dated February 21, 1985 recorded with said Deeds in Book 1949, Page 238

The rights of any parties in possession

(b) the entire property will be sold as one parcel

(c) Ten Thousand Dollars (\$10,000.00) in cash or certified check will be required prior to the beginning of the auction to qualify to bid (the "Deposit"). The Deposit shall be paid and a Memorandum of Sale shall be executed upon acceptance of the bid. Closing shall occur, and the balance of the purchase price shall be paid in cash or certified check, in or within thirty (30) days after the Sale TIME BEING OF THE ESSENCE. CONVEYANCE OF THE MORTGAGED PREMISES SHALL BE BY A FORECLOSURE DEED TO BE DELIVERED TO THE SUCCESSFUL BIDDER, UPON THE RECEIPT BY MORTGAGEE OF THE BALANCE OF THE PURCHASE PRICE.

(d) The mortgaged premises will be sold "AS IS AND WHERE IS" and "WITH ALL FAULTS" subject to and with the benefit of all restrictions, easements, improvements, covenants, unpaid condominium liens or assessments, outstanding tax titles, municipal or other public taxes, assessments, water and sewer charges, liens and encumbrances, whether or not of record, which may be entitled to precedence over the said mortgage.

(e) The conveyance of the mortgaged premises will be made by the Mortgagee and accepted by the successful bidder therefor without any express or implied warranties whatsoever

(f) The Mortgagee reserves the right to (i) cancel or adjourn and continue the foreclosure sale to such later date as the Mortgagee may deem desirable; (ii) bid upon and purchase the mortgaged premises at the foreclosure sale without producing the deposit; (iii) reject any and all bids for the mortgaged premises at the foreclosure sale; (iv) amend and change the terms of the sale set forth herein by announcement, written or oral, made before or during the foreclosure sale and such changes or amendment(s) shall be binding on all bidders; and (v) convey the mortgaged premises to the second highest bidder should the high bidder default.

(g) Other terms to be announced at the Sale

NORTHMARK BANK
89 Turnpike Street
P.O. Box 825
North Andover, MA 01845
BY ITS ATTORNEYS
HALE AND DORR
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60 STATE STREET
Boston, MA 02109
(617) 526-6000

DATED: February 1, 1995

February 9, 16, & 23, 1995

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the POWER OF SALE contained in a certain mortgage given by Nancy A. Lindquist and David E. Lindquist to Bank of New England, N.A. dated September 13, 1988 and recorded with the Essex County (Northern Division) Registry of Deeds in Book 2806, Page 126, as assigned to NAB Asset Venture II, L.P. by Assignment of Mortgage, dated September 2, 1993 and recorded with said Registry in Book 3630, Page 278, of which mortgage NAB Asset Venture II, L.P. is the present holder, for breach of the conditions contained in said mortgage, namely, default in the mortgage payments, and for the purpose of foreclosing the same, there shall be sold at Public Auction at 11:00 A.M. on Friday, March 3, 1995, on the Mortgaged Premises located at 15 Flint Circle, Andover, Essex County, Massachusetts, where a flag shall be erected on the day of such sale, all and singular the premises described in said mortgage, to wit:

The land in Andover with the buildings thereon situated on the easterly side of Flint Circle, being shown as Lot No. 12 on plan entitled "Acceptance Plan for Flint Circle, Andover, Mass., January 1939, Morse, Dickinson & Goodwin, Engineers," said plan being recorded in North District Essex Registry of Deeds as Plan No. 1173, said premises being more particularly bounded and described as follows:

NORTHERLY one hundred eighty-one and 06/100 by Lot No. 11 on said plan,

EASTERLY one hundred eighty-nine and 82/100 feet by land now or formerly of Hulchenson and Partridge as shown on said plan;

SOUTHERLY two hundred sixty-two and 82/100 feet by Lot No. 13 on said plan, and

WESTERLY by the curve of Flint Circle in two courses measuring sixty-four and 68/100 feet and ten and 32/10 feet respectively.

Containing twenty-five thousand four hundred eight square feet according to said plan

The mortgage to be foreclosed is subject to a first mortgage to Metropolitan Credit Union dated June 26, 1987, and recorded at said Registry in Book 2536, Page 147

The current record owner of said Mortgaged Premises is Nancy A. Lindquist. For authorization to foreclose, see Judgment of the Land Court in NAB Asset Venture II, L.P. v. Nancy A. Lindquist and David E. Lindquist, Docket No. 211612.

The Mortgaged Premises shall be sold subject to any and all unpaid taxes, charges and other municipal assessments and liens, and subject to prior liens or other enforceable encumbrances of record entitled to precedence over the mortgage, and subject to and with the benefit of all easements, restrictions, reservations and conditions or record and subject to all leaseholds, tenancies and/or rights of parties in possession, including rights or claims in improvements and personal property now located on the Mortgaged Premises and installed by current or former owners or occupants. It shall be the bidder's sole responsibility to ascertain all items described in this paragraph and no representations are made concerning compliance with applicable zoning, subdivision, building, environmental, sanitary or other Federal, State and/or Municipal laws, ordinances or regulations. Nor is any representation made relative to utilities, condition or permitted use of the premises, state of title, or otherwise

TERMS OF SALE

Cash, cashier's or certified check drawn upon any bank or trust company doing business in the Commonwealth of Massachusetts, in the sum of FIVE THOUSAND AND 00/100 (\$5,000.00) DOLLARS must be presented at the time and place of the sale in order to qualify as a bidder and shall be tendered by the purchaser at the time and place of sale; a minimal acceptable bid amount may be announced at the time for sale; the high bidder shall execute and agree to comply with the terms of the written Memorandum of Foreclosure Sale upon acceptance of his/her bid; the balance of the bid price shall be paid in cash, cashier's or certified check drawn upon any bank or trust company doing business in the Commonwealth of Massachusetts in or within forty-five (45) days after the date of sale. The deed for the Mortgaged Premises shall be delivered upon receipt of the balance of the purchase price. In the event that the successful bidder at the foreclosure sale shall default in purchasing the Mortgaged Premises according to the terms of this Notice of Sale and/or the terms of the Memorandum of Foreclosure Sale executed at the time of the foreclosure, the Mortgagee reserves the right to sell the Mortgaged Premises by Foreclosure Deed to the second highest bidder at the amount of the second highest bid, provided that the second highest bidder shall deposit with Mortgagee's attorneys, Regnante, Steno & Osborne, the amount of the required deposit as set forth herein within seven (7) business days after written notice of default of the previous highest bidder and delivers the balance of the purchase price as set forth herein in or within forty-five (45) days of said written notice. The Mortgagee reserves the right to postpone the sale to a later date or time by public proclamation of the Mortgagee, its attorney or its auctioneer at the time and date appointed for the sale and to further postpone at any adjourned sale date by public proclamation at the time and date appointed for the adjourned sale date. The description for the Mortgaged Premises contained in said mortgage shall control in the event of a typographical error in this publication.

Other terms to be announced at the sale. Sale to be conducted by Sandra F. Monroe & Company, Inc., 8 Cedar Street, Woburn, Massachusetts 01801. Auctioneer's License No. 1029. Telephone No. (617) 933-3998.

NAB ASSET VENTURE II, L.P.
By Its Duly Authorized Attorney
REGNANTE, STENO & OSBORNE
BY PAUL G. CROCHIERE
Edgewater Office Park
401 Edgewater Place, Suite 630
Wakefield, Massachusetts 01880
Telephone: (617) 246-2525

February 2, 9 & 16, 1995

Pirates hold meet

Continued from page 50

and ninth in the 100 free, David Crow was sixth in the 200 back and eighth in the 200 breaststroke. Keith Grant was ninth in the 400 I.M., 10th in the 200 back, 11th in the 100 free and 12th in the 100 fly. Brad Johnson was eighth in the 500 free and 11th in the 200 back and 400 I.M. Richard Kinnett placed ninth in the 500 free, 10th in the 400 I.M. and 12th in the 200 breaststroke. Adam Kovach was 10th in the 500 free and 12th in the 200 back and 400 I.M.

The Pirates also compete in meets in Buffalo and at Harvard.

Buffalo meet

John Newland scored in five events, making a Junior National cut time in the 200-yard backstroke. Other Pirates and the number of events they scored in are Christ Blongiewicz and Adam Schoen, sev-

en each; Clewis Kinnett, six; Ray Lemoine and Jessica Schoen, three each; Andrea Girolamo, two; and Jenna Blongiewicz, one. David Howe also competed. All the swimmers achieved best times in many events.

Mass Bay Marlins meet at Harvard

Connie Brown won the 50 free, 50 and 100 fly and 50 and 100 back and was second in the 100 and 200 free. Sally Brown was eighth in the 50 free. Sophie Cowan was fifth in the 100 free and sixth in the 50 and 200 free. Brian Fiske won gold in the 50 free, fly, back and breaststroke and 100 I.M. Lindsay Girolamo was fifth in the 100 back and sixth in the 100 free. Jillian Middlemiss was second in the 100 free and fly, third in the 50 free and fly, fourth in the 200 free and sixth in the 100 I.M.

Traveling team earns wins

These are the results of the Andover 7th-grade girls traveling basketball team for games played recently.

Andover 40

Methuen 17 Erica Tebbets had 10 points and five steals. Michelle Danis scored eight points, Catlin Doren, seven, and Lindsay Ravens, six.

Andover 29

Lynnfield 31 Katina McClain scored 14 points and had 14 rebounds.

Jill Oppenheim continued to display smooth ball handling and tenacious defense.

Andover 34

North Andover 26 MaryKate Burbank and Kristen Sweeney scored seven points each and played great defense.

Jessie DeFrancisco and Leah Spires made several key saves in the second half and scored four points each.

Tricia Griffin was outstanding with aggressive defense and strong rebounding.

Andover 51

Wilmington eighth-grade girls

Andover trailed 9-0 when Tricia Griffin scored nine points. Jessie DeFranciscos scored six points and

Mary-Kate Burbank scored 12 for a 27-18 halftime lead.

Caitlin Doran, Katina McClain and Kristen Sweeney controlled the offense and defense boards and Michelle Danis, Lindsay Ravens and Leah Spires played great defense.

Jill Oppenheim and Erica Tebbets made great passes to set up important baskets.

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT THE PROBATE AND FAMILY COURT DEPARTMENT

Essex Division
Docket No. 92P 2588-EI
NOTICE OF FIDUCIARY'S ACCOUNT

To all persons interested in the estate of LOIS M. LYMAN late of 58 Chandler Road Andover Ma Essex 01810

You are hereby notified pursuant to Mass. R. Civ. P. Rule 72 that the first and final account of PETER J. CARUSO as Executor (the fiduciary) under the will of said deceased has been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said account, you or your attorney must file a written appearance in said Court at Salem on or before the sixth day of March, 1995, the return day of this citation. You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without cost a copy of said account. If you desire to object to any item of said account, you must in addition to filing a written appearance as

aforsaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of each item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. Rule 5.

Witness, THADDEUS BUCZKO, Esquire, First Justice of said Court, this twenty-seventh day of January, 1995.

Everett C. Hudson
Register

February 9, 16 & 23, 1995

TOWN OF ANDOVER



PLANNING BOARD

Notice is hereby given that the Andover Planning Board will convene a public hearing on Tuesday, February 28, 1995, at 7:30 p.m., in the third floor conference room, Town Office Building, Bartlett Street, on a petition by Dundee Park Limited Partnership for a Site Plan Special Permit under Section VI.Q.3.c. of the Andover Zoning Bylaw to renovate 56,899 square feet of the existing structure for medical office use located at Dundee Park, Andover. The petition is on file in the Planning Department and may be examined between the hours of 8:30 a.m., and 4:30 p.m. Monday through Friday.

THE ANDOVER
PLANNING BOARD
February 9 & 16, 1995

COMMONWEALTH OF MASSACHUSETTS PROBATE COURT

Essex, ss.

Docket No. 94P 3018-GH
To ALICE M. CRONIN of Andover in the County of Essex, and to her heirs apparent or presumptive and to the Massachusetts Department of Mental Health.

A petition has been presented to said Court alleging that said ALICE T. CRONIN is a mentally ill person, and praying that JAMES T. CRONIN of Andover in the County of Essex or some other suitable person, be appointed her guardian.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Salem before ten o'clock in the forenoon on the twenty-first day of February 1995, the return day of this citation. Witness, Thaddeus Buczek, Esquire, First Judge of said Court this thirteenth day of February, 1995

Everett C. Hudson
Register
February 9, 1995

TOWN OF ANDOVER



PLANNING BOARD

Notice is hereby given that a public hearing will be convened on Tuesday, February 28, 1995, at 8:00 p.m., in the Third Floor Conference Room, Town Office Building, Bartlett Street, on a petition of Yvon Cormier, C.A. Investment Trust for a Special Permit to remove approximately 3,000 cubic yards of earth material, said removal consisting of roadway yield associated with a definitive plan entitled

Andover Country Club Section 5, approved by the Board on October 11, 1994. The petition may be examined at the Planning Department between the hours of 8:30 a.m., and 4:30 p.m. Monday through Friday.

THE ANDOVER
PLANNING BOARD
February 9 & 16, 1995

Recycle

DO YOU HAVE an item or items that you no longer need, but that would be useful to someone else, something you'd be willing to give away if someone would come get it? For instance: boxes, storm windows, a child's bicycle, cardboard boxes, an old set of dishes. You can list your recyclable items in the Townsman's newest classified section: "RECYCLE" (FREE of charge). It's a way to clean up your place while acknowledging the world is running out of landfill space. Simply write us listing your recyclables and we'll print them in the paper. No phone calls please.

Messages

★★★★★
OUR NEW "MESSAGES" Classification is a great way to send friends and family VALENTINE WISHES, thank-you notes, anniversary wishes and other messages. \$5.50 covers up to 20 words. You can place "MESSAGES" by calling 475-1943. We do accept Mastercard and Visa.

♥ ♥ ♥ ♥ ♥
DEAR MISTY, You bring sunshine and laughter, pride and joy to our lives. Always be our Valentine and our T.I.P. Love from Mom and Dad.

Alterations

ANDOVER TAILORING. Quality alterations. Men's, Women's and Children's. Call 475-1447. Tuesday-Friday, 8-5; Sat. 8-3

Special Notices

HOST AN INTERNATIONAL STUDENT. The American Language Academy at Merrimack College is looking for American families interested in international exchange. Families are asked to provide safe, comfortable homes, meals (usually 2/day) and transportation to and from Merrimack College for students from many different countries while they study English at the American Language Academy. Stays are usually short-term, from 4-10/weeks. Students are normally 18-25/years old. Families are compensated at the rate of \$500/month.

This is a rare opportunity for you and your family to share your way of life and learn about the culture of another country. If you are interested, please call the American Language Academy 508-837-5300.

OUTDOOR RECREATIONAL PROGRAMS

Jim Loscutoff's Camp Evergreen- Vacation/after school/summer programs. 33 years experience. Creative outdoor and indoor recreation for children. Transportation available. Andover. 475-2502.

Consignment Shops

CENTSABLE DUCK CHILDREN'S QUALITY RESALE NOW BUYING Cribs, cradles, bassinets, pack-n-plays, twin carriages and umbrella strollers. Rte. 28 284 North Broadway 603-898-3033 Salem, N.H. (next to Namco)

Lost & Found

FOUND: Orange tiger cat with white muzzle in vicinity of Hidden Road, Route 28 area. Call 470-2031.

Services Offered

A DUMP TRUCK for hire. ATTICS, CELLARS, YARDS CLEANED for a reasonable price. Prompt, reliable service. Call Jim at 685-1302.

A M-P M DUMP TRUCK. Services. You call, we haul. We clean out attics, cellars, garages, etc. Fast service. Low prices. Fully insured. Call to schedule your spring cleanouts. Established 1975. 688-7102.

CALLIGRAPHY WITH A CREATIVE TOUCH. DISTINCTIVE CALLIGRAPHY for addressed envelopes, place cards, certificates. PERSONALIZED STATIONERY & GIFTS for adults and children. INVITATIONS: wedding, birthday/anniversary, Bar/Bat Mitzvahs, Rehearsal dinner, Birth/engagement announcements. Album Invitations discounted. Distinctive, Unique & Personally Designed especially for you. THE WRITE PLACE on the porch at 10 Essex Street, Andover. Tues.-Fri. 10:30-5:00; Sat. 10:30-4:00. 474-4645.

CHRIS'S TILING AND REPAIR. Kitchens bathrooms, floors, all your tile needs. All jobs welcome. Free estimates. Good rates. Call 508-521-2844.

LETTER WRITING, Word Processing, Resumes, Brochures. Reasonable. Call 474-0079.

SMALL BUSINESS OWNERS, self-employed persons and individuals. Get your finances organized for 1995. Finance person will provide billing, receivables, payables, checking account reconciliation and general bookkeeping services, including estates. Will assist with sorting, organizing and setting up workable systems. Call Mrs. S. at 682-6111.

LOCAL BOOKKEEPING SERVICE specializing in small business. Kathleen M. Wallace 508-640-0195.

DO YOU OWN a computer? I do hardware or software consulting, installation, troubleshooting or training in the comfort of your own home. REASONABLE RATES. 475-7307.

RAY BOURQUE PAINTING & CARPENTRY. Licensed and insured. Free evaluation. Call 475-7048.

RECENT ANDOVER RESIDENTS now retired to Florida, looking to housesit for the summer season. Call 1-407-364-8703.

STAINED AND LEADED windows and lamps repaired. Bert and Jayne Roy. 975-1222.

TYPING: ACCURACY, spelling guaranteed! Word processing, transcription. Resumes. Call 475-1665.

Tree Service

AAA NATURAL TREE & LANDSCAPE. Massachusetts certified arborist. Locally owned and operated. Fully insured. Highest quality. 475-5411.

JP TREE SERVICE- specializing in tree removals, ornamental pruning, safety trimming. WINTER RATES. Insured. Free estimates. Call 475-1483.

TREE REMOVAL, Brush Chipping, Land Clearing, Cleanups/hauling. Call 685-6788.

Consulting Service

HOUSE PLANS, additions and alterations to suit you and your local building official. For free initial consultation call 508-745-5975. Mass. Registered Architect.

SELLERS REPRESENTATIVE: I will coordinate all the activities associated with selling your home. Market analysis, Real Estate Agency, moving, packing, removing debris, and other services as needed. Call for consultation. 475-0596.

Decorating Service

CUSTOM DRAPERIES: Swag and jabots, pinch pleated drapes, balloon shades, valances, roller shades etc. Your fabric. Installation included. Sarah 470-3234.

CUSTOM MADE SLIP Covers. Pin fitted to your set. Your own fabric. Call 685-2229.

CUSTOM MADE DRAPERIES, slip covers, top treatments and accessories. Over 20 years experience. Excellent workmanship. 685-5531. Bunny or Diane.

ELAINE'S SLIPCOVERS Custom cut in your home, also pillows and cushions. Formerly Angies. 686-4584.

FURNITURE REFINISHING, repair and restoration. High quality work. Attractive rates. Fully insured. Call Warren at 686-0842, North Andover.

LINDA'S CUSTOM DRAPERIES. Custom-made window treatments and accessories. Alterations and repairs. Reasonable prices. Call for a free estimate 689-2592.

WINDOW TREATMENTS AND PILLOWS made with your fabric to compliment your lifestyle and decorations. Free estimates. Call Pat Vanderpot 459-0360.

Handyman Service

ALL ODD JOBS. Dump runs, yard, leaf removal, cellar, gutters, attics cleaned. Best prices, excellent references. Call Jack 521-0445.

HANDYMAN, CARPENTRY, PAINTING, roof leaks, gutter cleaning, re-grouting bathroom showers, jobs too small for contractors. Insured. 617-662-0723.

HANDY ANDY- All types of carpentry. No job too big or too small. References. Fully insured. Call 683-2961.

HOME DOC

Make your list and I'll come and cure all those little household ills. Inside and out. Reasonable rates. Service and trust. Retired Police Officer, "Bud" Smith. 508-374-4395.

THE VALE HANDYMAN: Your one stop for repairs. Screenhouses, decks, carpentry, brick walkways, patios, painting- indoor/outdoor, wallpapering. Lic. #058631. Free estimates. Call Doug 475-0140.

Roofing

RICH ROOFING CO. Fully insured, Mass. Builders license #019939, Mass. Home Improvement Contractors Registration #12998. Free estimates. 688-3938.

ROOFING- Exterior restorations. Slate and Copper work, wood siding, porches and decks. Moore paints. Call Lou, Dracut, MA 508-454-8825.

Disposal Service

BARRY'S REMOVAL & Disposal. Cellars, attics, yards cleaned out, appliances, furniture, oil tanks, boilers removed. 24 hour service. Licensed and insured. Bonded. John 1-617-246-7762.

TRASH REMOVAL: Cellars, attics, demolition work. Will haul anything. Will do fall cleanups and snowplowing. Call 681-9323.

Masonry Service

PAUL DRISCOLL MASONRY. Brick, block, stone, chimneys. Restoration specialist. Fully insured. Free estimates. Call 1-800-927-4259.

Entertainment

FORMER BOSTON PIANIST- Available for background dinner music for private parties, weddings and functions. Sophisticated repertoire. Garshwin to Garland. 475-8474.

PROPERTY TRANSFERS

The following is a list of properties in Andover that sold from Jan. 25 to Jan. 31.

1 Caroline Realty Trust bought 196 No. Main St. for \$170,000 from Essex Street Realty Trust.

2 Town of Andover bought 12 Wood Hill Road, Lot 6, for \$30,000 from George W. Davis.

3 Marilyn A. Burrige bought Colonial Drive, Unit 40-4, for \$69,900 from Colonial Drive Corp. The mortgage is with Crossland Mortgage Corp.

4 James F. Greeley bought 4 Garfield Lane, Lot 82, for \$274,000 from Hewlett-Packard Co. The mortgage is with Abington Savings Bank.

5 Paul A. Darby bought 37 Juniper Road, Lot 1, for \$269,000 from Diane S. Pedicino. The mortgage is with PNC Mortgage Corp. of America.

6 Charles D. Sherzi Jr. bought South Main Street, PCL 8, Etc., for \$244,500 from James Templeton. The mortgage is with BayBank.

7 Eugene P. Pache Jr. bought Haggetts Pond Road Etc., Lot 3, for \$628,600 from Chukker One Realty Trust. The mortgage is with DeWolfe New England Mortgage Services Inc.

8 Alec MacLean Pratt bought 32 Suncrest Road, Lot 24, for \$284,000 from Richard P. Kluck. The mortgage is with Abington Savings Bank.

Source: Essex County Registry of Deeds, Lawrence branch.

Carpentry Service

#SMALL REPAIRS CARPENTRY

HOME IMPROVEMENT# Interior or exterior repair or replace doors, windows, bookshelves, bathrooms, kitchens, etc. Mass. licensed and insured. Robert A. Brown, General Contractor 475-1958

A FINISH CARPENTER. Retired, 30 years experience. Will do interior remodeling and repairs, small outside jobs and repairs. Have ABC Builders license. 470-1979.

A MASTER CRAFTSMAN Carpentry, custom cabinets, kitchens, baths, bookcases. Jeff Berk Inc. License #115595. Refs. & Ins. 508-521-0709.

ABILITY CARPENTER specializing in small additions, decks, play rooms, ceramic tile, repair and installation. License #040056. 603-894-5467.

ALLEN CONSTRUCTION: BUILDING, remodeling, roofing, siding, and other home improvements professionally done. Licensed, registered (#109740), and insured. Quality work at competitive prices. Free estimates. Call 682-4962.

AN HONEST & RELIABLE Carpenter/Contractor. All phases of residential construction and repair. Licensed. Insured. References. Free estimates. Superior Const. Andover. 1-800-244-1330.

CHRIS'S REMODELING Commercial/residential. General Carpentry. VINYL REPLACEMENT WINDOWS/GUTTERS. Roofing and siding. Delecting. Drywall. Emergency maintenance service. No job too small. Licensed and insured. For free estimate call 508-372-3907.

DEVERSIFIED BUILDERS. All types of Building and Remodeling. 25 years experience. Free estimates. Call Jim at 508-372-2415.

BOB'S CARPENTRY SERVICE. Fast, friendly service. Free estimates. Call 682-7443.

CARPENTRY, decks and finish work. Painting interiors and exterior. Call 470-8959.

HOME IMPROVEMENTS: Finish carpentry, built-in cabinets, bookcases, entertainment centers, fireplace mantels and paneled walls. License and references. Call Robert Wilkie 470-1269.

SLOAN CONSTRUCTION formerly of "This Old House". A full service company. 20 years experience. Call 603-898-1771.

Moving Service

A GLOBAL AGENT-MARK'S MOVING & STORAGE. Guaranteed pricing. Local, long distance, International. Licensed. Bonded. Free quote. 1-800-966-6275.

DISCOUNT MOVING RATES. Pick-up truck available 7 days. Household appliances, store deliveries. No job too small. Experienced, friendly, dependable. 685-6517.

HAUL ALL MOVER. The best and cheapest in town. Lic./Insured. 24 hours. Our movers and service can't be beat. \$7.00 off for mentioning this ad. 617-322-1679.

Locksmiths

MATT'S LOCKSMITH SERVICE- Locks replaced, new installations, rekeying and master keying. Servicing homes and businesses. Quality work guaranteed. 685-8072.

Floor Refinishing

\$1.00/sq.ft. New England Flooring Company. Old and new floors sanded and refinished, using Polyurethane and Minwax stain. 10 years experience. 508-373-7293.

ALL WOOD FLOORS installed, sanded and refinished. Free estimates. Best prices. 10 years experience. WJKUM FLOORING 681-0826.

ANDOVER FLOOR SANDING and Refinishing. Free estimates. Lowest prices. Work guaranteed. Call 470-1614.

DAK & C. FLOORING: Hardwood floors sanded, refinished and installed. WE'LL APPLY A 3RD COAT OF POLYURETHANE FREE!! References upon request. 18 years experience. FREE ESTIMATES. 688-7845.

WILSON HARDWOOD FLOORS, INC. Installed, sanded, refinished. Now accepting MC/Visa. Free estimates. Call Ron 508-777-1182.

G & P FLOORING CO. Old floors sanded and finished. Made like new. Call 1-603-893-0222 or 682-1485.

Plastering/Drywall

B.C. & SONS- Old Panelling? Drywall! 25 years experience. Interior painting. Call 1-800-615-8314 or 508-373-3008.

Welding Service

WROUGHT IRON WORK/WELDING- Ornamental, iron and pipe rails, overhead decorative pot and pan holders. Portable service. David 603-893-2223 Salem, N.H.

Plumbing/Heating

A QUALITY JOB Plumbing, heating and gas. Residential and commercial. No job too small! Free estimates. Master #9560. Call Bill 508-372-2080; 683-3596.

A-1 GENERAL PLUMBING REPAIR and/or replace faucets, toilets, valves, water heaters, sinks, drain problems, etc. Small jobs a specialty. Bob Lynn Plumbing and Heating. \$10.00 w/this ad. License #23220. 508-658-2099.

WATERWORKS- Plumbing, heating, drain cleaning (guaranteed), gas fitting. Free estimates. Reliable. #23264. Call Jim. 685-3810.

Electrical Services

ELECTRICIAN- Free estimates. Lighting, power, security, cable t.v., temperature control. Bob Cleary License #26231. Leave message 475-6554.

MASTER ELECTRICIAN. All types of work. Residential/commercial. Free estimates. 20 years experience. Fully insured. License #14363A. Call Jay 687-2018.

Painting & Papering

A-1 DECORATING SERVICE. Fine painting and paper hanging. 30 years local experience. No job too small. Call 475-1958.

ANDOVER VILLAGE PAINTING CO.- Fine interior painting. Quality assured: local references. Competitive rates. Free estimates. Mark Souza (North Andover) 685-6994.

BOB & MIREILLE for your interior painting, wallcovering, staining, varnishing. 18 years experience. Excellent workmanship. Free estimates. Please call 687-1378.

CHRIS'S PAINTING exterior, interior and paper hanging. Neat, excellent local references. Fully insured. For estimate call Chris 685-4890.

F.D. ROCHA AND COMPANY. Painters, decorators, paper hangers. Neat, professional work. Established for over 40 years. Fully insured. Reasonable rates. Call 508-452-7614.

INTERIOR - EXTERIOR PAINTING, Wallpapering, sponge painting and stenciling. Quality work, reasonable prices. Free estimates. Call Paul 475-6495 or Bob 470-1822.

INTERIOR PAINTING and Wallpapering. Free estimates. Call John Thomson 470-0037.

INTERIOR PAINTING. Reasonable rates, free estimates. Ceilings, walls and woodwork. Ceilings start at \$35. Kitchen cabinets painted per request. 20 years experience. 475-9092.

INTERIOR PAINTING and STAINING. All types of wall coverings. Quality workmanship. Call Chip Stolt 683-7979.

INTERIOR PAINTING/STAINING- Now scheduling for interior painting where service and quality are second to none. JAMES FISCHER PAINTING 475-1876. Free estimates.

INTERIOR-EXTERIOR PAINTING, CARPENTRY. Roofs, decks, additions. No job too small. Quality, referenced work. 20 yrs. experience. Call ROB LEITSCHUH 475-8909 for free consultation.

INTERIOR/EXTERIOR PAINTING. Quality work. Free estimates. References. Call 475-9503.

JIM FOWLER'S PAINTING. Interior/exterior. Fully insured, 20 years experience. Local references. Call 475-9937.

LACHAPEL'S INTERIOR WALLCOVERING. Professional woman graduate of U.S. School of Professional Paper Hanging. 12 years paperhanging/painting experience. Call Celeste 508-458-3052. References available.

PAINTER- Interior/exterior. Clean, Courteous, Efficient. 25 years experience. Many references. Call Frank 475-0875.

QUALITY PAINTING and Wallpapering. Interior and exterior. Free estimates. Ten years experience. Call Bruce McFarland at 1-508-927-6238.

WHITEWORKS PAINTING and PAPERHANGING CO. Reading, MA 617-958-1101. Experienced in all facets of: painting, staining, polyurethaning, wall coverings, borders, and design. Free estimates available. References available upon request. Gregg White.

Woodworking

FINE WOODWORKING graduate of North Bennett St. School. 30 years experience. Handcrafted furniture made to order. Repairs and refinishing. Call 475-6886.

Cleaning Services

A COMPLETE CLEAN. The ultimate in house cleaning. Specializing in servicing those with the highest level of expectations and demand immaculate results. Please call 508-851-8933.

ANDOVER HOUSE-CLEANER available. Dependable, reliable. Three years experience. Excellent references. Call Chris 470-2498.

BEST CLEANING - Top to bottom cleaning GUARANTEED! Weekly, bi-weekly, monthly. Fully insured. Excellent references. Reasonable rates. Serving the Andovers for 8 years. 508-441-2144.

CARPET CLEANING Steam clean two rooms \$29.00. No hidden cost. Insured. Call 683-6156.

CLEAN AS A THISTLE. Let me clean your home with a Scottish touch. Weekly/biweekly/monthly. Excellent Andover references. Fall discounts. Fiona 508-663-7891.

DUST RUFFLES thorough Cleaning Services by tuition strapped moms. Commercial and private jobs. Call Debbie, Jill 603-362-5978; 603-329-6741. Reasonable hourly rates, references.

EXPERIENCED, RELIABLE, ENERGETIC woman available to solve your cleaning needs. Excellent references. Call Rachel at 617-666-2746.

HOUSECLEANER- experienced in house and apartments. Good references, reasonable price. Please call Marly at 617-776-4295.

HOUSECLEANER. Experienced, faithful, trustworthy woman is ready to clean your home. End of week openings. Call Donna after 4:30pm. 508-372-8662.

MERRY MAIDS - Custom home cleaning - professional service. Dusting, vacuuming, kitchen/bath clean up. 16 local offices. Bonded and insured. Free estimates. 508-658-5197.

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NEED MORE FREE TIME? Call Cleaner Image Cleaning Services offering experienced residential cleaning at competitive prices. No job too small. Insured/bonded. TREAT YOURSELF TODAY! Cleaner Image Cleaning Service. 508-640-0195.

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SUSAN'S HOME CLEANING. Mature woman with many years cleaning experience and references has an opening every other Wednesday. Call 685-4523.

UPHOLSTERY CLEANING. Sofa, loveseat and chair \$50. No hidden costs. Insured. Call 683-8156.

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RESIDENTIAL WINDOW CLEANING. It's never too cold! We also do replacement windows, reglazing, sash cords, interior and exterior painting. Owner is on site. 15% Senior discount. F&M Cleaning 508-372-2992.

Snow Removal

SNOW PLOWING for reasonable rates. Call Carl at 475-8238 or 545-9970 (pager).

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GARDENS BY ELLEN. Landscape Design and Construction. Fine Perennial Gardens: Design, Installation, Maintenance. Ellen Sweeney 686-7712.

SCHEDULE NOW FOR FALL CLEANUPS & Snowplowing. Lawn installation/maintenance, fertilization, bark mulching, shrub trimming. Accurate Landscaping 681-9323.

Child Care

ATTENTION PARENTS- Heaven Sent Nannies has the perfect nanny for your family. Pre-screened and experienced. Call 603-437-7343.

CHILD CARE PROVIDER available, in your home. Excellent references. Call after 8:30pm. 685-3985.

DAY CARE MOTHER- Sacred Heart area, has openings available. Full or part time. All ages welcome. License #95757. Call 794-3926.

DAYCARE MOTHER in North Andover has openings. License #95024. Call 687-7726.

INFANT & TODDLER CARE. Lee's Loving Care of North Andover has limited openings. Certified teacher with experienced provider offer attentive care in our spacious, clean comfortable home. Easy access to Rtes. 495/114-125. Call 794-0226. License #67972.

DESIGNATED SITTERS INC. Experienced, dependable Nannies available days, overnight, after school, evenings, sick child care. Long/short term placements. Postpartum care. Great references/well-screened. 774-8580.

NANNIES FOR RENT Celebrating our 12th anniversary! Reliable, caring nannies for part-time/full-time babysitting, vacation sitting, post-natal care. "NANNIES FOR RENT." 508-535-0127/1-800-427-0127. State license.

NORTH ANDOVER- Loving, learning, laughter, outings and crafts. Infant/toddler opening. License #95686. 975-3623.

PATTI'S PLACE Established 1980 offers the best in child care for children 0-4 years in a warm, stimulating atmosphere. Interviewing now. License #59855. Call 683-5104.

TRISHA'S DAY CARE. One opening, 3 years old and up. 7am-5:30pm. License #92949. Call 508-454-9597.

YVONNE'S NURSERY AND DAY CARE: Yvonne provides warm, nurturing child care in a safe, clean, play environment. We offer a low ratio; wonderful infant/toddler toys and activities; and 15 years experience. Teacher certified. For interview call 688-1330. License #67810.

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DON'T LET YOUR BUDGET FENCE YOU IN. Earn extra money through a pleasant, part-time business, close to home. Phone 475-0296.

LOOKING FOR ARTISTS, musicians, actors and dancers interested in

working with children this summer. Mail resume to: CSA, P.O. Box 4192 B.V. Andover, Ma. 01810.

MATURE, RESPONSIBLE PERSON to live-in and take care of two dogs while family vacations. Reply to Box GH-19, c/o The Andover Townsman, P.O. Box 1986, Andover, MA 01810.

HELP WANTED**TECHNOLOGY COORDINATOR**

The Pike School is an independent, coeducational day school in Andover, MA that serves 405 children from pre-kindergarten to grade 9. Pike has made a commitment to technology at all levels of the school. The school seeks a full time technology coordinator who has broad range of experience in education and with a Novell network supporting both Windows and Macintosh platforms. The successful candidate will be able to work in a collaborative environment with all members of the Pike community to help the school implement and refine an overall technology plan. The position will begin on July 1, 1995.

Candidates should send a resume, cover letter, and at least three references to: John Waters, Head of School, The Pike School, Sunset Rock Road, Andover, MA 01810

PART TIME TELLERS
Andover Office

Convenient schedules of approximately 20 hours each are available for candidates who enjoy working with figures and computers and who enjoy providing quality customer service. Previous teller or cash handling experienced helpful. Schedules include Saturdays. Two weeks of full time training are mandatory.

Qualified candidates are encouraged to contact Human Resources at (508) 374-1911, ext. 433.

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LOOKING FOR HOUSE-KEEPER/HOMEMAKER for cleaning, laundry and possibly shopping. 8-10 hours per week. Call for an appointment 681-9654.

MOTHER'S HELPER/NANNY 32-40 hours per week. Child care experience necessary. Must be energetic and funloving. Great pay and dental benefits. Call 508-664-4624.

NANNIES- full and part time positions available immediately in Middleton and the Andovers. Call for interview. Designated Sitters 508-774-8580.

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NANNY WANTED- North Andover. Mature, caring, creative, dependable person needed 2-4 days/week (flexible) part time, for 7 year old boy. Non-smoking, car, references. Call 683-3700 evenings.

SALES- RUN MY BUSINESS FROM YOUR BUSINESS. Weightloss, nutrition and sports fitness. Call for interview 508-465-3614.

Work Wanted

RECEPTIONIST/TYPIST with good typing and filing skills. Also basic knowledge of Microsoft Word Processings. Hours 8:30-5pm, 5 days per week, in Andover. Send resume and reference to: Box PG-9, c/o the Andover Townsman, P.O. Box 1986, Andover, MA 01810.

PROFESSIONAL COMPANION available. Live-in or live-out. Days or evenings. Practical Nursing abilities with Alzh., Park., stroke patients. Available to drive. Non-smoker. Experienced and references available. 975-2477.

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OWN YOUR OWN apparel or shoe store, choose. Jean/sportswear, bridal, lingerie, westernwear, ladies, men's, large sizes, infant/preteen, petite, dancewear/aerobic, maternity, or accessories store. Over 2000 name brands. \$25,900-\$37,900. Inventory, training, fixtures, grand opening, etc. Can open 15 days. Mr. Loughlin (612)888-6555.

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PROTECT PETS from "Kennel Trauma." I will board dogs for \$10/day. Cats \$5/day. No cages. Regular feedings, free running. Grooming available 475-8010.

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ANTIQUE CHILD'S PINE Sleighbed with custom mattress and box. 71" long, 40" wide, 39" high. \$450. Call 475-8009.

BALDWIN FRENCH PROVENCIAL Spinet. Excellent condition. \$1800 or best offer. Call 688-3234.

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North Andover, MA

CHILDCRAFT CRIB w/ mattress, dresser w/bookcase and flip-top changing table combination dresser. All white wood. Contemporary styling. Excellent condition. \$550. Fisher Price high chair, new condition, \$40. Graco deluxe sassy seat, excellent condition, \$18. Holly 475-3481.

COLONIAL DOLLHOUSE \$125. With furniture and decorations. Call 682-3707.

DECORATOR BRASS & Glass dining table. Excellent quality. 71" long x 41" wide x 28" high. \$350. Eight-arm chandelier, cracked ivory and brass. Excellent condition \$85. Call 475-8009.

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NEW CARPETS- Installer has access to several thousand yards StainMaster carpet. You can carpet your livingroom and hall for \$295. Price includes carpet, 1/2" pad, based on 30sq.yds. Installation available. Also, Berber commercial carpets. Call John 689-8613.

ETHAN ALLEN executive desk, solid mahogany and four Ethan Allen contemporary upholstered chairs. Off-white. Best offer. Please call 975-3090.

NEW WHEELCHAIR, three-prong cane and walker. All brand new condition. \$500/all. Call 475-7614.

WOODSTOVE- never been used. Sequoyah glass front. Paid \$800. all 975-7502

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FIREWOOD- Cut, split and delivered. Call 470-1328.

FIREWOOD- Fully seasoned hardwood, cut, split and delivered. \$160/cord. 17cu.ft. delivered \$45. Call 617-662-6733.

SEASONED FIREWOOD 128 cubic feet, \$165 per cord delivered. 682-0820.

OAK AND MAPLE- cut, split and delivered. 2 cord minimum (256 cu.ft.). January special \$100 per cord. \$145 seasonal. Call 508-465-4735.

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ALWAYS BUYING antiques, used furniture, jewelry, china, etc. Cash paid. Free appraisal. Call Dick 688-6804.

ANTIQUES - Anything old Marbletop, Walnut, Grape and Rose Carved Furniture, Glass, China, Silver, Jewelry, Clocks, Prints, Frames, Guns, Coins, Furniture, Etc. William F. Graham, Jr. 420 Water Street, Haverhill, Mass. Tel. 508-374-8031, will call to look.

MEN'S 26" ATV bicycle. 18+ speeds. Good or better condition. Call 475-1257.

DON'T THROW IT AWAY when so many go without! Ruth's House Thrift Store, 14 Stevens St., Haverhill, needs good, quality furniture to be able to serve the community. We need good used bureaus, kitchen tables and chairs, bed frames, couches, etc. Please call Jackie 508-521-5575, Tuesday-Saturday 9am-4pm.

OUR LITTLE GIRL needs used white ice skates! Child size 9 or 10, single blade. Also white tap shoes. 470-4808.

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Wanted Real Estate

HOUSE WANTED- Young family looking for older downtown Andover house. Call 685-5559.

PROFESSIONAL couple wants to purchase a house, condo or land to build on in the Andovers area. Low to mid 200's. 470-4521.

QUALIFIED PROFESSIONAL COUPLE looking to buy 4-bedroom Colonial house in Andover. Price range: \$275-\$375k. Call 470-8980.

THINKING OF SELLING? Three or four bedroom home wanted for young family. Near town location

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Condos for Sale

ANDOVER- two bedroom, 1 bath (space for second bath), washer/dryer, central air, 14ft. vaulted beamed ceilings. Living room, dining room 20x25. Master bedroom 16x20,

marble floors, Burba carpet, newly decorated, reserved parking. \$96,000. Owner 475-2095.

Houses for Sale

ANDOVER PUBLIC SCHOOLS will receive a 2% donation. Let participating agents help you buy or sell. Jud Reece, Broker. 617-259-8880.

ANDOVER- Sanborn School area. Abbot Pond townhouse. Six rooms, 2-3 bedrooms, eat-in kitchen, skylit loft. \$167,000. Owner 470-2409.

BOXFORD- Arrowhead Farms. Large 10 room, 4300+ sq. ft. center en-

trance Colonial like new! Located on picturesque two acre beautifully landscaped lot. Many extras. \$670,000. 508-887-6091.

NORTH ANDOVER- Contemporary ranch. 8 rooms, 4 bedrooms, 2-1/2 baths, whirlpool master, great setting. Handicap, inlaw or home office

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Condos for Rent

ANDOVER- 2 bedroom large condo. Wall/wall, appliances, parking, pool, heat, hot water and cooking gas included. \$725/mo. Call 475-1755.

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Top Andover Builder does it again with this wonderful sun filled 3900 sf. Colonial abutting Avis conservation land with views of the Merrimack River. A gracious tiled foyer leads to the formal living room while the spacious dining room is enhanced by a window filled bay area. An oak cabinet filled kitchen for those who like to cook & entertain at the same time. The fireplaced Great Room will be the fun center for your family & friends. Choose your finishing touches. \$415K

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NORTH ANDOVER- Luxury 2 bedroom, 2 bath, top floor, security building, balcony, fully appliances kitchen, washer/dryer, health club, etc. No utilities. No pets. Available 2/1/95. Call David 689-0100.

Houses for Rent

ANDOVER- executive 4 bedrooms, cul-de-sac, central air, central vac. sprinkler, alarm, 2 car garage. \$2200 plus utilities. Call 617-229-0470.

ANDOVER- immaculate 4 bedrooms, 2-1/2 baths, 2 car garage Colonial. Large, leveled back yard. \$2350/month. Call J.B. Doherty 470-1200.

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ANDOVER- 1 bedroom, historic Aberdeen Building. Hardwood floors, great location. Heat and hot water included. \$625/mo. Century 21 Hunt, Len Ala. Broker 508-937-4416.

ANDOVER- 3-bedroom apartment. Hardwood floors, large yard, close to town and train. \$895 heat included. Call 475-2757.

ANDOVER- a charming 2 bedroom. Heat and hot water, appliances, laundry, private entrance, parking. No pets. \$725/month. Call 475-6023.

ANDOVER- Abbot Pond Townhouse. 1400+ sq. ft., six rooms. 2-3 bedrooms, eat-in kitchen, skylit loft. \$1200/month. Call 470-2409.

ANDOVER- downtown one bedroom. \$600/mo., no utilities. No pets. Call 508-475-8435 after 5pm.

ANDOVER- excellent location. Sunny one bedroom apartment. One year lease. No pets. \$565/month plus utilities. Call 475-3437.

ANDOVER- one bedroom apartment. Walk to center, off-street parking. No utilities/pets. Security deposit. Available immediately. \$575/month.

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1 JUST LISTED! WHY RENT WHEN YOU CAN OWN?

Fabulous studio condo convenient to transportation & shopping. Cathedral ceiling with skylights makes it bright & light - a single's delight!!
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2 PRICED TO SELL! Immaculate brick front Cape, fireplaced living room, hardwood floors throughout, 1 1/2 baths, 1 car garage, short walk to the Boston bus line.
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3 JUST LISTED! FABULOUS OPEN CONCEPT RANCH, featuring a beautiful birch kitchen, hardwood floors, 2 bedrooms, new bath, and 1 acre lot with both open and wooded character. Move-in condition!
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4 TUCKED AWAY IN THE HEART OF ANDOVER! This sprawling 4 bedroom home is perfect for the growing family. Special features include oversized fireplaced family room overlooking private back yard, master bedroom with own bath. On quiet cul-de-sac.
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5 JUST LISTED! THIS IS THE IN-TOWN HOME YOU'VE BEEN WAITING FOR. Fresh & ready for move in, this well maintained cape has 4 bds, 2 full baths, LR w/ frpl, hwd. flooring & a bright kit w/ adjacent breakfast room overlooking the back yard. Many updates. Super location!
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6 ARCHITECTURE & DESIGN have combined to transform this nice traditional Colonial into a truly special home. New addition features magnificent master suite with sitting area, abundant closet space & a design perfect master bath. Sun room, landscaped grounds, new Pella windows & more.
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7 BRAND NEW - 9 room Colonial in a private cul-de-sac setting. Enjoy a wonderful combination of formal and casual space including vaulted ceilings, Andersen windows, hardwood floors, and many additional amenities. Great home and location.
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8 EXCEPTIONAL VALUE FOR AN EXCEPTIONAL HOME! Magnificent in-town Victorian with gracious 3 story staircase, fireplaced living room and dining room, sunny gourmet kitchen, 2nd floor laundry room, 3rd floor billiards room, parquet floors and much, much more! Hurry!
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470-1200

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Call Sue at 475-1243 for more information or to reserve a seat.



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HAVERHILL - Just Listed! Contemporary 2 bedroom unit with loft & skylights. Well maintained, great location, deck, tennis courts. FHA approved complex. **\$79,900**



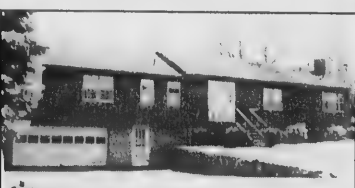
ANDOVER - Assumable 8.5% mtg with no pts, no closing costs! Bright & light luxury unit, extra windows, priv balcony/yard. Party & fitness rooms. Walk to town & train. **\$105,900**



ANDOVER - Just Listed! Spotless 2 BR Bungalow in quiet residential neighborhood. Many updates, refinished wood floors, vinyl siding, nice lot with garage near elem school. **\$119,900**



ANDOVER - Historic district! Meticulously cared for & beautifully decorated 4 BR Colonial on extra large private in-town lot. Fireplaced LR, hwdw, classic details. **\$179,900**



ANDOVER - Contemporary flair! Huge Ranch - light & bright interior, vaulted ceilings, 2 tp, 2.5 baths, hardwood. Quiet family neighborhood near town/shopping. **\$238,500**



NORTH ANDOVER - Privacy! Contemporary Colonial, light & bright interior, bath ceilings, parquet floors, new Euro kitchen, jacuzzi, huge deck overlooks wooded lot. **\$254,900**



NORTH ANDOVER - Prestige location! Spacious Colonial featuring gourmet kit, 23' great room plus 23' FR. Separate entrance to 5th BR & full bath, ideal for au pair. **\$459,900**

Quality People



Jean Fitzgerald



Pam Lebowitz



Charlene Anderson



Rosalie Blay



Lisa Farnola



Mike Farnola



Thelma Sirols



Julie Gerraughty



Millie Flowers



Peg Kleven



Terry McQuade



Bob McCumber



Phil Porter



Jody O'Brien



Steven Stabile



Buzz Rouillard



Sharon Tuttle



Gunter Sonntag



Sue Crawford



Rhea Vernon

Apartments for Rent

ANDOVER/LAWRENCE LINE, close to highways. One and two bedroom apartments. Immediate occupancy. Call 681-1800.

BRADFORD - large, elegant 1 bedroom in vine covered victorian. Cathedral ceilings, exposed brick walls, wide pine floors, fully appliances, washer/dryer, w/w, parking. No pets. \$595/month. 508-373-2253.

HAVERHILL - 1 bedroom, garden style contemporary condo. Washer/dryer in unit, pool, tennis. \$625/month. Century 21 Hunt, Len Ala, Broker 508-937-4416.

METHUEN - attractive 3 rooms in residential area. Appliances, hardwood floors, parking. Available March 1st. \$435/mo. plus utilities. Call 475-5063.

METHUEN - First floor, 4 large rooms, 2 bedrooms, eat in kitchen, storage, hookups, parking, cable, security. \$680 includes heat. 1-508-897-2597.

METHUEN/LAWRENCE LINE - Condo, 2 bedroom, 1-1/2 baths, w/w, eat-in kitchen, dishwasher, full basement, 2 car parking. \$675/month, own utilities. 685-5877.

MONTH TO MONTH RENTAL. Three bedroom, 1-1/2 bath condo in historic North Andover mansion. Private balcony plus garage. \$1000/month plus utilities. Call Shirley at ReMax 686-5300 ext. 105.

NORTH ANDOVER Three bedroom apartment close to downtown and Library. Off-street parking, quiet neighborhood. \$1175 per month. Call 617-441-2869.

NORTH ANDOVER studio apartment. Furnished or unfurnished. \$525/mo. including all utilities. Parking and laundry. Modern building. Leave message at 617-254-7600.

SOUTH LAWRENCE adjacent to Rte. 93. Five rooms, 2 bedrooms, garage, storage. \$540/mo. No utilities. 683-0094.

Roommates Wanted

ANDOVER FEMALE PROFESSIONAL, non-smoking to share two bedroom condo. \$375/month. Heat and hot water included. Call 470-8342.

ANDOVER - professional male seeks male or female roommate. Convenient location. \$425 includes utilities. Call Jim 475-8735.

PROFESSIONAL MALE SEEKING considerate non-smoking male professional to share apartment in Royal Crest, North Andover. \$420/month plus 1/2 utilities. Call Mike 685-0005 ext. 9.

SEEKING MATURE, considerate, non-smoking person to share house in Andover with 1/2 male professionals. Rent \$375/month plus 1/3 utilities. Available 3/1. Days 508-659-2590.

Century 21
Carriage House



10 High Street
Andover
475-1243

Rooms for Rent

LARGE FURNISHED ROOM for gentleman, 35 years or older. Quiet home in Wilmington near Andover line. Call between 6-8pm 508-658-4793.

Wanted to Rent

ANDOVER/NORTH ANDOVER AREA. Summer rental needed for non-smoking, mature female. Call 407-498-2892.

TWO-THREE BEDROOM, 1st floor apartment. Handicapped accessible, in Andover area. Please call 470-1673.

Resort Places for Rent

SALISBURY- luxury oceanfront, furnished 4 bedrooms, 2 full baths. One year lease. Call 508-685-1914.

LAKE WINNIPESAUKEE- 4 bedroom lakefront contemporary. All amenities. Screened porch, deck, dock, beach. Great for children. Available August 26th-Labor Day, September 4th. 475-6036.

LUXURY TOWNHOUSE with jacuzzi in the Mount Washington area. Only 3 miles from Attitash. Sleeps six people. Available weekends or by the week. 470-0105.

SKI WATERVILLE February vacation. Rent doctors' townhouse, sleeps 12. Fully equipped. Sauna, family jacuzzi. Sports center access with indoor pool and tennis. Walk to town. Call Lois 475-7955; 470-0047.

Resort Places for Sale

EASTMAN- 4 seasons resort in Grantham, NH, 90 minutes from Andover, MA. Championship golf, lake, tennis and much more. Three level condo with family/game room located on attractive cove. Great spot for family and friends. Walk to beaches, sailing, tennis. Offered at well below assessed value for quick sale at \$115,000. Call Ed at A.E. MacNeill, Jr. REALTOR 603-863-6674.

Land for Sale

ANDOVER- Cloverfield Estate. 1 to 2-1/2 acre lots, executive subdivision. Most abutting conservation. Each lot has minimum of 180' frontage. Owner 686-7984.

NORTH ANDOVER- Beautiful 2 acre wooded lot overlooking pond, gravity septic design included, town water. Asking \$125,000. Land Innovations 508-975-5100.

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OPEN SUNDAY 1-4

Exciting new area of 8 exceptional homes to be built with quality and attention to detail by Raymond Cornier. Your finishing touches will enhance these distinctive Colonials. First home is underway. Preston Circle, Andover off Bellevue Rd.

ID# 13574

Exclusive \$439,900

NEW LISTING!

An exceptional offering is this exquisite 12 room custom Georgian Colonial, set on superb grounds in a distinctive area. The breathtaking interior is truly of showhouse of quality. Designed and decorated with impeccable taste. Spacious living quarters include 5 bedrooms, 3 1/2 baths, 2 stairways, 4 fireplaces, plus porch and finished lower level ideal for au pair or in-law.

Exclusive \$549,900

OPEN SUNDAY 2-4

Johnson Acres at its best! Classic hip roof Colonial, set on lovely lot just a short stroll from town, offers a large front to back living room, recently redone kitchen open to family room, and terrific lower level recreation area. 80 Walnut Ave., Andover.

Exclusive \$349,900

OPEN SUNDAY 2-4

Stop by for a tour of this outstanding family home! Spacious rooms and a wonderful location in an established neighborhood enhance this handsome Colonial. Enjoy hardwood floors, central air, a huge kitchen and an inground pool. 37 Olympic Lane, No. Andover.

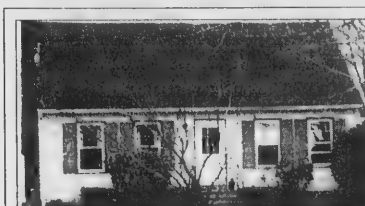
Exclusive \$334,900

MEET DONNA SHAY

In 1989, when Donna made the decision to embark upon a career in real estate, she knew that client satisfaction would be a top priority. In fact, she readily acknowledges that her own personal satisfaction depends on it. Toward that goal, Donna has developed both the knowledge and expertise required to ensure that her clients make well informed choices in their real estate transactions. She enjoys people and the challenge of understanding their individual home buying and selling needs.

As an Andover resident where she has lived with her family for 16 years, Donna has served St. Augustine's Church on the parish council and has been a member of Indian Ridge Country Club. Her local contacts have helped her to create a broad business network. Donna credits her real estate success to her highly organized business skills combined with her willingness to work hard. The high level of sales she achieved last year are a testimony to her commitment to excellence.

Donna Shay - another good reason why a move with Hunneman is the smart move.

OPEN SUNDAY 1-3

You'll want to see the inside of this picturesque Cape, offering spacious rooms including a super first floor family room, an impressive living room with fireplace, and an inviting eat-in kitchen. 66 North St., Andover.

ID# 13594

Exclusive \$174,900

OPEN SUNDAY 1-3

Gorgeous grounds bordering conservation comprise a beautiful setting for this large custom Cape, offering a large kitchen open to family room, loads of closets, and a 5 season porch. Sanborn School. 95 Greenwood Rd., Andover.

ID# 13564

Exclusive NEW PRICE \$244,900

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OPEN SUNDAY 12-2

Homestead Acres. A beautifully landscaped corner lot is the setting for this attractive Colonial, providing a cherry kitchen and a 22' x 24' family room with cathedral ceiling. Also available for rent, \$1700/month. 2 Copley Drive, Meluen.

Exclusive \$209,000

OPEN SUNDAY 1-3

Convenience to the Boston commuter train and a town playground are offered in this charming antique waterfront home. Attractively nestled on a tree-studded knoll, it has been beautifully maintained. 7 River St., Andover.

ID# 13454

Exclusive \$174,900

OPEN SUNDAY 1-3

Over 3000 square feet of living space can be yours in this Charlie Carroll built Colonial, highlighted by an open foyer, many fine interior details, and a private acre in a fabulous family neighborhood. 101 Christian Way, No. Andover.

Exclusive \$319,000

RENTAL, Immaculate 4 bedroom contemporary Colonial, 2 years old, in ideal area. 1-2 year lease. \$2300/month.



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6 Park St., Andover (508) 475-4477 • 475-8500





WHY WAIT UNTIL SPRING?



ANDOVER

NEW EXCLUSIVE - Do you prefer unique space in an elegant building on a spectacular piece of land close to bus and shopping? Don't hesitate to see this top floor, two bedroom unit with private deck and fireplace at the elegant Curran Estate! **\$104,500**



METHUEN

OPEN SUNDAY 1-3 PM - Truly lovely four bedroom colonial has been well-maintained with love and care. Hardwood floors throughout including kitchen and french doors between living room & formal dining room will enhance your decorating! **20 Brown Street. \$94,900**



ANDOVER

FOUR LEVELS OF LIVING AREA including a sky-lighted sun room and finished walk-up attic for fifth bedroom will provide so many beautiful areas for your family to enjoy. Bow windows, gorgeous screen porch and multi-level deck are designed to enjoy beautiful gardens which surround the inground pool! Very special! **\$328,500**

Here are a few reasons to list your home now instead of waiting until spring:

- A high percentage of existing listings are sold this time of year.
- You may receive more money for your home now because you have less competition.
- Winter prospects are serious buyers.
- When you sell during the winter you have an opportunity to buy during the spring when many homes are on the market.

For more information on home selling or home buying, contact the homeownership professionals.



ANDOVER

OPEN SUNDAY 1-3 PM - A great floor plan highlights this beautifully set 7 room ranch. Formal living room and family room with woodstove and romantic fireplaced master bedroom. With spring around the corner, you'll be happy to see the lilac bushes, fruit trees and other plantings from the summer cottage! Super commuter location! **284 Lowell Street. \$219,900**



LAWRENCE

MOUNT VERNON LOCATION - This charming remodeled brick home boasts so many extras! Entry porch with gleaming hardwood floors and brick wall which opens to family room with fireplace. Three good sized bedrooms! **\$104,500**



HAVERHILL

ON THE MERRIMACK - This beautifully renovated two bedroom townhome offers comfortable living as well as recreational delights! Fenced yard area offers patio off kitchen with separate storage shed. A great price and help with condo fee, too! **\$47,900**



METHUEN

LOTS OF ROOM - This very spacious Victorian on a lush half-acre lot is just the thing for a large family! First floor includes a 20x24 family room with french doors to adjoining sunporch. Five bedrooms are possible including first floor master. One of Methuen's finest streets! **\$148,000**

(508) 475-8600 • 76 MAIN STREET, ANDOVER



DeWolfe
NEW ENGLAND



Land for Sale

NORTH ANDOVER - new subdivision lots with water, sewer and gas. \$110K-\$125K. Call **687-0109**.

Land Wanted

QUALIFIED COUPLE LOOKING to purchase one acre land in Andover. Call **470-8980**.

Office Space for Rent

ANDOVER CENTER OFFICE/RETAIL space. Singles and suites. Various sizes. Main Street. Excellent locations. Call **475-8732**.

ANDOVER - Sub-lease 1/1/95-7/31/96. 6 Park Street. Office space, 2754sq.ft. Two floors Hunneman exclusive. Dennis Finnegan **617-457-3243**.

INDIVIDUAL OFFICES with telephone answering and support services. Convenient Route 114 location in North Andover. OFFICE SUITES AT JEFFERSON PARK **685-5440**.

NORTH ANDOVER - first floor, handicapped accessible. 800 sq.ft. easy access to 125 and Main Street. Suitable professional use only. \$550/mo. Call David C-21 Hunt **508-937-4421**.

Office Space for Sale

ANDOVER - approximately 1000 sq.ft. office space in downtown area with parking. Call **475-3016**.

Commercial - Retail

GREAT BUSINESS LOCATION. Downtown North Andover, perfect for professionals, entrepreneurs and inhome businesses. Includes 24 car parking lot. Priced to sell at \$249,000. Will consider all offers. Call Charlie at Carlson Real Estate **686-3288**.

Automobiles for Sale

1992 HONDA ACCORD EX. Loaded, 4 door, 5 speed. Excellent condition, one owner. \$13,400. (D) **617-563-6340**; (N) **508-475-6264**.

Special Notices

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FOR MORE INFORMATION and assistance regarding the investigation of financing, business opportunities and work at home opportunities, "The Andover Townsman" urges its readers to contact the Better Business Bureau, Inc. 20 Park Plaza, Suite 820, Boston, MA 02116-4404.

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Barbara Moody



Barbara Smith



Carol Hopkinson



Susan Bishop



Glona Catfano



Sandra Durling



Doug Howe, Jr.



Wendy Perkins



Doris Lindsay



Kay Leonard



Mary Gilmartin



Norma King



Dick Moody



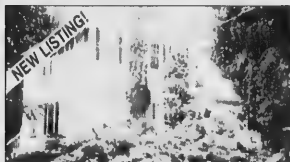
Vera Huang



Suzanne Price



Maureen Collins



ANDOVER - Wonderful three plus bedroom Colonial with gleaming hardwood floors throughout! All new kitchen appliances and great lot. Front to back fireplaced living room, large deck and glassed porch. Formal dining room and walk up attic. **\$219,900**



NORTH ANDOVER - Kunhardt Mansion built in 1906 by renowned Boston architect Stephen Codman. House is structurally sound, needs complete restoration and is replete with quality and handsome details. It is surrounded by beautiful single family homes. **\$1,300,000**



ANDOVER - Authentic Antique 1690's Colonial on nine acres meadows and woods. Large rooms, high ceilings. All updated, gourmet kitchen, five fireplaces. Barn for horses or dogs. Possible 2 acre lot. **\$800,000**



ANDOVER - Searching for sunshine? This beautiful 2 BR condo faces south! Updated kitchen and bath, pristine condition, best location in town! **\$92,500**



ANDOVER - Fantastic five bedroom Colonial in town. Combines fully renovated older portion of home plus expansive new addition. If you act now, this home can be customized to suit your needs. Over 3,000 sq ft of living space. **\$389,900**



NORTH ANDOVER - Pristine perfection! Grand scale ten room stately Colonial in prime location. Gracious living room, holiday size dining room. Gourmet kitchen opens to skylit breakfast room. A stunning home. Professionally landscaped and underground sprinklers. **\$429,900**



NORTH ANDOVER - Close to Old Center! Charming custom built nine room side entrance Gambrel Colonial. Quality construction featuring many built-ins, hardwood floors and a finished basement. **\$279,900**



NORTH ANDOVER - Dramatic 6,000 s.f. country home on nearly 15 acres overlooking magnificent Lake Cochichewick. The living room in this 12 room, 5 bath contemporary home has an 18 ft. ceiling, a free standing polished granite fireplace with two walls of glass insuring a stunning view. Amenities inc. indoor swimming pool w/waterfall, a sauna and whirlpool. **\$1,699,000**

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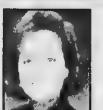
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Danny Sordello



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ANDOVER



GREAT ANDOVER LOCATION - Close to Shawshen Mall and Boston bus stop. Spacious two bedroom with master half bath.
CALL SHIRLEY PLATT X105.....\$79,900

NORTH ANDOVER



THE PERFECT START! Total Top-To-Bottom renovations in this solid Colonial home! Gorgeous oak kitchen, two full new baths, all natural woodwork, new master 2nd floor bedroom with bath and double closets.
CALL TODAY!! TERRI GOODRIDGE X111.....\$144,900

ANDOVER



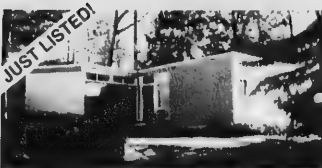
DON'T JUST DRIVE BY! Call Joan Johnson now for a viewing of this adorable 1830 antique home with lovely side yard. Bigger than it looks - many charming features.
CALL JOAN JOHNSON X128.....\$154,900

NORTH ANDOVER



WALK TO THE LIBRARY from this spottless 3 bedroom Ranch. This sunny Ranch boasts large rooms, hardwood floors, a modern eat-in kitchen, 2 1/2 baths, finished basement and 2-car garage. Please stop by our Open House Sunday, 12:00-3:00 at 4 Holbrook Road, North Andover.
CALL AMY SEBELL X125.....\$184,900

ANDOVER



LIGHT, AIRY ROOMS soak up the sun in any season in this unique contemporary designed by the Architects Collaborative of Cambridge in the distinctive International Style. Since it is located close to town in one of Andover's most prestigious neighborhoods, you can walk everywhere!
FOR FURTHER INFORMATION CALL LINDA CUTTER X119 OR 1-800-5-TOP PRO, CODE #201-092-2.....ONLY \$189,000

NORTH ANDOVER



2 YEAR OLD COLONIAL on over an acre. Oak kitchen, contemporary floor plan, fireplaced family room, vaulted master with jacuzzi bath, 3-4 bedrooms, landscaped lot. Won't last at
CALL "SUSAN SELLS" AT 1-800-817-5454.....\$240,000

ANDOVER



ELEGANCE-PERIOD. The kind that draws inspiration from the early 1900's can be found throughout, plus an updated kitchen with picture window overlooking the prettiest and most intimate of backyards, your very own "Secret Garden". Plus four bedrooms, charming fireplaced living room, spacious dining room, sunroom and garage. Public utilities, too!
INCREDIBLE AT.....\$269,000
FOR FURTHER INFO CALL LINDA CUTTER X119 OR 1-800-5-TOP PRO, CODE #201-093-2

NORTH ANDOVER



NEW LISTING! Better than new 4 bedroom Colonial, a short walk to new elementary school! Hardwoods up and down. Top-Of-The-Line Kitchen. All woodwork freshly painted!
CALL JEANNETTE BELBEN X114.....\$289,900

NORTH ANDOVER



IN-TOWN LOCATION. Meticulous two family on park-like lot. Hardwood floors, updated kitchens, a must see!
CALL COLETTA FANUELE X104.....\$294,900

NORTH ANDOVER



SPECTACULAR 10 room Transitional Colonial Marbleidge Estates, gourmet kitchen, fireplaced family room and living rooms, 2 staircases, amenities abound.
CALL SUE PAPALIA X128.....\$417,000

ANDOVER



ROOM FOR EVERYONE in this better than new Colonial. Wooded cul-de-sac lot. Great room with fireplace, 3rd floor bedroom.
CALL KATHY CYRIER 686-5300 X124 OR 1-800-884-5714 #401

NORTH ANDOVER



STUNNING 5,000 SQ. FT. home nestled comfortably in an established executive family neighborhood. Striking property built 4 years ago with the highest degree of quality and craftsmanship. Soaring ceilings, open foyer, gourmet country kitchen, skylights, and a 36 ft. game room. Attractively priced
CONTACT JOHN CUSACK X121.....\$499,900



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FABULOUS WATER VIEW! Move right in to this beautifully decorated 6 room Townhouse at "The Landing". Sparkling eat-in kitchen, light & airy living room and dining room, 2 1/2 baths, central air and garage, too! Great buy!
Call 475-2201

\$139,900



NORTH ANDOVER

ON ACRE LOT IN FAMILY NEIGHBORHOOD! If you love gleaming hardwood floors, a roaring fire in your living room while you relax with your family, beautiful views from your big bay window...come see this 8 room, 4 bedroom, 2 1/2 bath Multi-level! Terrific find!
Call 475-2201

\$210,900



ANDOVER

HYATT CROSSING - UNBEATABLE VALUE! 19 handsome new Colonials being built on super new circle! traditional floor plans - 8 rooms, 2 1/2 baths, fireplace family room, 2 car garage! Just what you have been looking for! Dir: Beacon Street to Hyatt Crossing
Call 475-2201

Starting at \$249,900



ANDOVER

GREAT NEIGHBORHOOD for kids, long walks and bike rides! Open foyer 8 room, 2 1/2 bath Colonial—hardwood floors in living room and dining room, cabinet-packed eat-in kitchen, fireplace master bedroom, laundry with half bath and so much more! A joy to own! Dir: Bailey Rd. to 11 Ellsworth Rd.
Call 475-2201

\$369,900



ANDOVER

ON BUS LINE TO BOSTON with almost 2 acres of trees in back yard! Four bedroom older Colonial with modern, well equipped kitchen with breakfast bar, sliders off formal dining room to a sunny deck! UNBELIEVABLE BUY!
Call 475-2201

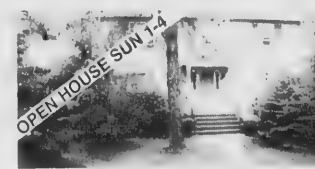
\$169,000



ANDOVER

POPULAR ABBOT BRIDGE ESTATES—just a walk to town and short drive to Rt. 93! Great family home with 3 or 4 bedrooms, fireplace family room, formal dining room with sliders to deck and an easy to live in neutral decor! Once you see it you'll want to buy it!
Call 475-2201

\$249,500



ANDOVER

SANBORN SCHOOL AREA! Fantastic home for your family in "Carriage Chase" neighborhood! Sunken fireplace living room, screened porch off family room and 4 spacious bedrooms are just a few of the great features in this beautiful center entrance Colonial! Dir: Lovejoy Road to 13 Bridle Path.
Call 475-2201

\$309,000



ANDOVER

WALK TO INDIAN RIDGE COUNTRY CLUB! Fabulous custom-built Multi-level with 10 rooms, 3 1/2 baths and 3 car garage! Great floor plan, vaulted ceiling in foyer, sunken fireplace living room, au pair or in-law set-up, central air & vac, underground sprinklers and more on a beautiful treed lot!
Call 475-2201

\$369,900



ANDOVER

HISTORIC SHAWSHEEN AREA! Totally updated Colonial with new addition and beautiful granite pool! Big country kitchen with fireplace, French doors off foyer lead to lovely living room, 3 bedrooms - 20' fireplace master bedroom with cathedral ceiling & whirlpool tub! Near town, shopping & highways!
Call 475-2201

\$174,900



ANDOVER

WALK TO TOWN COLONIAL BEAUTY! Incredible gourmet kitchen, elegant dining room, 1st floor den or 4th bedroom, 30' fireplace living room and gleaming hardwood floors are a few of the great features of this unique and exciting home with the convenient location you've been waiting for! Call now!
Call 475-2201

\$249,900



ANDOVER

SPECTACULAR 1 YEAR OLD COLONIAL on terrific 2+ acre lot! 8 spacious rooms with fine quality features - big eat-in kitchen with work island, tiled floor and slider to deck, fireplace family room, formal living room and dining room with crown molding and chair rail, master with whirlpool bath and a beautiful decor throughout!
Call 475-2201

\$339,900



ANDOVER

CUSTOM BUILT VICTORIAN on private circle in the prestigious Pike School area! Each room is spacious with breathtaking details including ornate moldings, sculpted ceilings, silk padded walls, marble and antique fireplace mantels and French doors. The 36' master suite is beyond words with a luxurious marble bath with sunken whirlpool tub, magnificent banquet sized dining room, state of the art cherry kitchen and so much more on private lot with Victorian gardens and a Gazebo!
Call 475-2201

\$850,000



Natalie Bradley, GRI



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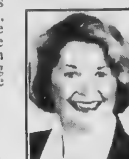
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Deb Drake
GRI



Phyllis Rock



Gretchen Papineau

Andover • Boxford • Methuen / Haverhill • Topsfield

Jason Fox enters the Housing Authority race

Alix Driscoll

With the entry of Jason Fox, 50 Walnut St., into the race for Housing Authority, there are contests for each of the seats to be filled by the town elections on Monday, March 27.

"I am a first year law student. I will be an attorney by the time my five years are up. It's good to have someone with legal ability on town committees," Mr. Fox said Tuesday night.

Mr. Fox, 23, is a first-year student at Suffolk University Law School. The youngest of nine children, Mr. Fox has

lived in Andover all his life. He attended

Doherty Junior High School and Andover High School. He graduated from UMass Amherst with a degree in political science. At UMass, he was a resident assistant in his dormitory and helped choose the resident director.



Jason Fox

This experience kindled his interest in housing issues.

"I think the (Housing Authority) position is a good way to get into politics," Mr. Fox said. He said serving on the Housing Authority could be a step up to another elective office.

He has always been interested in politics, and very much enjoyed helping his brother, John Fox, run for state representative more than a decade ago.

He plans to study housing issues in depth and to attend Housing Authority meetings. Mr. Fox opposes Mark Court-

ney for the Housing Authority spot.

Other races

Running for the two three-year School Committee seats to be vacated by Bill Huston and Mary Lyman are David Birnbach, Tina Girdwood and Bill Josephson.

John Doyle is opposing Jim Doherty for the one-year term for town moderator.

Challenging incumbents Gerald Silverman and Charlie Wesson for their selectmen seats are Barry Finegold, of Lavender Hill Lane, and Bill Coderre, of Stinson Road.

Members upset at new Indian Ridge C.C. liability waiver requirement

By Neil Fater

Indian Ridge Country Club's decision to require members to waive certain rights if they want to remain members has caused a stir that belies the calm often witnessed on the grounds of the Lovejoy Road club.

According to Dick Hill, a member of the club since it opened, so many club members are angered by the club's new requirement that the members' advisory board will discuss whether it wants to formally protest the liability waiver at its meeting today, Thursday, Feb. 9.

"I think we are all very surprised. The people that I've talked to are surprised to incensed," said School Street resident Bill Ryan, a club member.

Members are surprised because the club is requiring them to sign a form that says neither they nor any member of their family will sue the club if they suffer personal injury, death or property

damage while at the club. By signing the waiver, members also agree that if their guest sues the club, the member will pay the club's court costs.

"It's basically universal across the board that people are upset about that as well as that they've raised the minimum (that must be spent in) the dining room," said member Sue Jenkins, of West Parish Drive.

John Vinos, general manager of Indian Ridge, said a majority of the members returned the liability waiver to renew their membership. He would not comment on the feedback he had heard from members and referred questions about the intent and the reason for the waiver to Jeff McLucas, the club's attorney. Mr. McLucas was unavailable for comment before press-time Wednesday.

Mr. Hill, of Portsmouth, N.H., said he believes approximately two-thirds of the members have returned the waivers,

but many signed the form because "they felt somewhat coerced into doing so," since they could lose their membership.

"This is the first time anything like this has reared its head," said Mr. Hill. "Never in the past has this re-up (membership form) gone out this late."

Club members said the renewal form, which is usually sent around New Year's was not received until around Jan. 20. 11 days before it had to be returned.

Mr. Vinos said the renewal form goes out "every year at the same time," and later said that the date it goes out is "not exactly the first of the year, it could be the fifth" or a later date. Mr. Vinos said the date the forms were received "has no bearing," because members still had time to read over the forms.

Attorneys who are members at the club have been receiving calls from fellow members asking whether they should sign the forms. However, because

of some unclear language, the attorneys don't all agree on what members are agreeing to when they sign the waiver.

"There are a number of unresolved issues that signing the waiver may potentially impact," said David Fox, an attorney and club member. "People have been calling me asking for either legal opinions or advice. I don't know how to respond to them."

"I have some difficulty responding simply because I don't have all the facts," said Mr. Fox, of Lancaster Place. The waiver "seems to mean a lot of things that I don't think were intended, and that is based on my discussions with their attorney."

"The answer that I get is (the waiver) is an attempt to cut down on what they consider frivolous lawsuits," said Mr. Hill. He said one of the law suits involves a member whose leg was broken when she was hit by a run-away golf cart.

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BIRTHDAY



Last-minute tips for your wedding

How do you avoid being overwhelmed by last-minute wedding chores and not end up totally exhausted on your wedding day?

"The bride shouldn't be worrying at the last minute about whether guests coming from out-of-town have room reservations or why one usher doesn't have cuff links," said Barbara Tober, editor-in-chief of *Bride's & Your New Home*. "Planning well in advance and delegating tasks will allow the couple to enjoy the wedding day to the fullest."

Here are some last-minute planning tips to help brides ensure a picture-perfect wedding day.

One week before

- Give bandleader a list of must-play music, sheet music for special requests.

- Write out wedding announcements for mailing after the ceremony.

- Wrap thank-you gifts for attendants, distribute at rehearsal dinner.

Three days before

Confirm all wedding deliveries and arrangements with florist, clergy member, musicians, photographer, videographer, baker, caterer, limousine company, etc.

- Write and alphabetize table cards.
- Clock travel time from home to ceremony site to determine departure time on wedding day.

- Confirm reservations for rehearsal dinner, out-of-town guests' hotel rooms.

- Buy traveler's checks, exchange currency if traveling overseas.

- Scuff soles and heels of new bridal shoes, practice walking in them.

The day before

- Write out day-of-wedding checklist/timetable; keep it handy.

- Show someone how to bustle your train.

- Check attendants' outfits and accessories.

- Have going-away outfits delivered to reception site.

- Ask best man to pick up honeymoon luggage, store in his trunk.

- Put cash in envelopes for tips officiant's payments; give to best man for distribution.

- Prepare a wedding day emergency kit; include sewing kit, extra stockings, tissues, aspirin, makeup, extra pair of glasses or contact lenses, nail polish, and spot remover.

On the cover:

Newly weds Julie and Fred Lapatino of Salem, Mass.

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Diamond Jewelers has the largest selection of bridal jewelry anywhere

Saturday, March 4, 1995, is the big bridal day at Diamond Jewelers, Methuen Mall. This is the largest wedding ring show and sale that will happen in the Merrimack Valley this year. We will have representatives from three major national companies here from 10 a.m. to 9 p.m. The selection includes 10K, 14K, 18K, 24K gold and platinum in trio sets, bands, wraps, and inserts.

The selection also includes the new men's diamond collection, the new Comfort Fitt collection and the new Diana Platinum collection - exclusively at Diamond Jewelers.

Diamond Jewelers is proud to say that this is the largest collection of bridal jewelry anywhere.

Diamond Jewelers is currently enjoying its 21st successful year in the Methuen Mall. The store is known for its very competitive pricing, especially on diamond engagement rings both large and small. Also, don't forget certificate diamonds for the discriminating buyer.

In addition to diamond jewelry, Diamond Jewelers has a large selection of gem quality rubies, emeralds

and sapphires which can be set in your ring or customize in a ring of your desire.

Diamond Jewelers is known as the store with the largest selection of Lladro figurines in stock at all times. The store currently has over 200 pieces in stock, and will accommodate special orders anytime.

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Photo by Lisa Adelsberger

Gary Sachs displays bridal jewelry at his store in the Methuen Mall

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Bridal registries help make gift shopping easier



When the bride and groom open their wedding gifts, they may be delighted with one gravy ladle but five may be a bit much.

Avoid the embarrassment of giving a gift the couple may not need or of selecting patterns of silver or china they don't like.

It's as simple as checking with area stores that maintain a bridal registry to find out their preferences.

Today couples usually select silver flatware first. Even if you can only afford one serving piece or a spoon or two, they will be happily received by the couple.

The china pattern may be available in the newer three-piece place settings as well as the traditional five-piece setting.

Consider coordinating or matching serving pieces such as oven-to-

table-to-dishwasher items and china accessories for gourmet cooking, table-top cooking and casual entertaining.

Once you have reviewed the couple's choices on the bridal registry, you may wish to select other items for their home, such as room clocks, candlesticks and so on.

Are the bride and groom gourmet cooks, wine experts or lovers of the unique? You'll find accessories they will welcome at a local jeweler. And keep in mind the heirloom potential of any silver wedding gift.



Photo Tips Put a Smile On Your Face

Does the thought of grinning into a camera make you scowl? Cheer up. These tips will put a picture-perfect smile on your face for your wedding and those memorable honeymoon pictures.

- Wear solid colors. Plaids or prints will make the photo look busy, detracting from your image.
- Wear a matte foundation with powder to avoid a shiny look, and make sure the foundation is a good match for your skin. Foundation that's too light looks pasty in a photograph.
- Use darker blush under the cheek bones and as a contour under the jaw bone for a chiseled look.
- Wear eye shadow rather than liner. Liner makes the eyes look smaller while shadow accentuates them.
- Wear lip liner and lipstick, preferably of a darker color or blue base, which make your teeth look whiter. Apply lighter lipstick to the middle of your lips to make them look fuller.
- Make sure your teeth are as white and bright as they can be. Products like a low-abrasion whitening toothpaste and a brushing gel with peroxide will make you feel like smiling.
- Minimize the amount of spray in your hair so the camera can capture its natural shine. And remember, hair often looks better on the second day after washing.
- Experiment with hairstyles and makeup a few days before your photo session. A new style can make you feel uncomfortable, and that will show in the picture.

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Where to find the best decorating bargains

The prospect of decorating your entire new home can send the most self-assured person to distraction. Should you swag, pleat, or puddle, in solids, florals or stripes? There is also the matter of budget. Cost is usually the main factor in determining your decorating plans.

In answer to all of your decorating challenges, Correlated Fabric Printers, Inc. has opened a factory outlet store. Here you will find yards and yards of curtain and slipcover fabric at dramatic discounts. Tucked away in the old Arlington Mills building, you will find a treasure of decorating fabrics, home accessories and imaginative ideas. Here you can let your imagination get into gear and at the same time keep within a very economical budget. Prices range from \$1.99 to \$5.99 per yard. Wallpapers and borders are also offered at a discount.

Correlated Fabric Printers has been printing fabrics to correlate with famous name wallpapers for eight years. The outlet store recently opened to public offers seconds and discontinued styles. Finding the reason a fabric at the outlet is a second can be a real

challenge. The fabrics are beautiful and any curtain made from them will rival any curtain made from fabrics costing much more. Correlated offers decorative trims to add the finishing touches to your creation. You can choose from a wide selection to match your design and colors that are just right.

For those who are not do-it-yourselfers, Correlated Fabrics offers a custom made service and decorating advice. The service is comfortable and never intimidating.

Tucked away in the old Arlington Mills building, you will find a treasure of decorating fabrics, home accessories and imaginative ideas.

Correlated Fabrics' Outlet Store is open Monday through Friday 9:30 a.m. to 4:30 p.m. and Saturday 10 a.m. to 2 p.m. Finding the store is a bit of a challenge. The outlet is located at 85 Manchester St. in Lawrence. The best way to find the store is to come off Rte. 28 (Broadway). Coming from the Methuen side, it is just after Malden Mills, on the right. From South Lawrence, take a left just after the ITT building. Call (508) 689-0275 for directions. When you find Correlated Fabrics' Outlet Store, you'll find the best place for decorating bargains with quality service.



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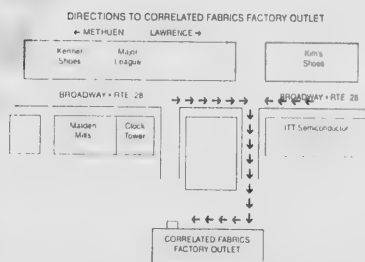
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A honeymoon is the ultimate vacation and probably the most important travel decision you will ever make.

If you are thinking about exotic tropical destinations with sparkling blue waters, deserted beaches, pristine rainforests and palm shaded bungalows then Queensland, Australia is where you want to go.

Apart from the scenery, there are a myriad of exciting activities that newlyweds can only experience in Australia including enjoying romantic walks in the rainforest, magical Aboriginal celebrations or petting a loveable koala.

With 300 islands on the Great Barrier Reef, honeymooners have an excellent selection. Consider Orpheus, an "emerald isle" and private retreat ringed by seven beaches with no telephones or television. Or there's Lizard Island, the most northernmost island resort, where you can reserve your own private beach.

If you want to see more than one island — take a cruise on one of the many luxurious ships exploring the Great Barrier Reef.

If solid ground is your preference, then the resorts just north of tropical Cairns will pamper you with champagne lunch baskets and even give you a special native tree with a bronze plaque to dedicate your Australian

honeymoon.

And the really good news is that Queensland is affordable and includes round trip air fare. Combine that with the exchange rate and you'll come home with dollars in your pocket.

Queensland, Australia is the perfect honeymoon destination. For further information, contact a travel agency.



Europe's best kept secret affords a scenic haven for honeymooners

When Academy Award-winning actor Jeremy Irons recently described Norway as "Europe's best kept secret," he was talking about a country with more than 12,400 miles of dramatic fjords, soaring mountains, ice-blue glaciers, deep green forests, fertile valleys and rich pasture lands.

As host to the 1994 Winter Games, Norway prepared itself for the thousands of Americans who visited Lillehammer in February. Morten Moller Warmedal, the director of media relations for the Norwegian tourist board said, "Americans who visit Norway can expect to see a country that is environmentally-friendly and one steeped in a rich cultural tradition. In fact, there are concerts, dance performances including classical and contemporary ballet as well as Norwegian folk dancing, theatre, opera and art exhibitions."

But according to Niels Aall, General Manager, Nordic Countries, Americans should know what to expect in advance of their trip. "For example in Oslo, it is important to make dinner reservations at least a day in advance at most restaurants because dining out is popular and restaurants tend to be intimate," he said. "Oslo is also a late night city, with bars, clubs and restaurants that stay

open until the early morning hours."

Shopping in Norway can be a memorable experience with visitors being exposed to everything from wooden replicas of Viking ships and colorful handmade sweaters to prehistoric-looking rock carvings and unusual crafts made of silver, pewter, wood and hand-blown glass.

For art, culture and history buffs, there are museums in Oslo to fit all tastes and interests including the Munch Museum and the National Gallery, the Norwegian Folk Museum, the Viking Ships Museum, the Norwegian Resistance Museum, and the Kon Tiki Museum.

Tips for Americans travelling to Norway.

Mr. Aall offers several additional tips for Americans planning trips to Norway. He suggests:

- contacting the Norwegian Tourist Board (nortra) in New York to obtain up-to-date information on the country as well as the many activities that will appeal to Americans;

- using a reputable travel agent that has experience in booking trips to Norway and has offices there; and

- bringing a credit card which is widely accepted throughout Norway and provides a favorable "wholesale" exchange rate.



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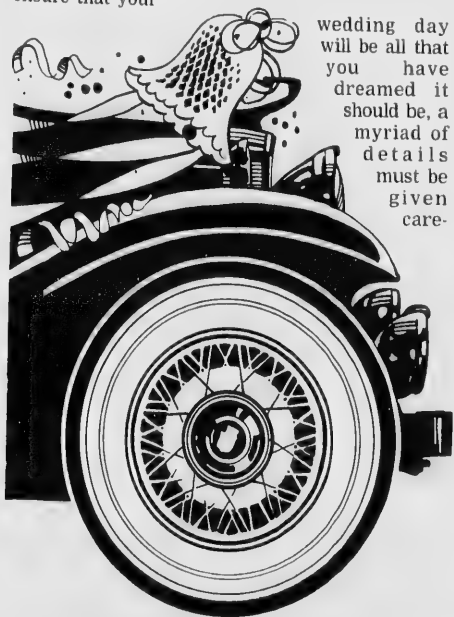
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Wedding Fair 1995 is coming Monday, Feb. 27

Wedding Fair 1995 will have everything for the bride and groom. It is being presented by Dracut Limousine Service Inc. Monday, Feb. 27, 1995, at the Crowne Plaza Hotel in Woburn.

As an engaged couple, your days ahead will be filled with excitement as you both work to prepare for your wedding day. To ensure that your



wedding day will be all that you have dreamed it should be, a myriad of details must be given care-

ful attention.

Wedding Fair 1995 is your opportunity to visit with a team of the area's most talented wedding professionals, each offering years of experience working with brides and grooms. Booth presentations will answer all of your questions and share creative ideas. Your wedding plans are not complete until your special day. It would take months of scheduling (and rescheduling) appointments to achieve the same results of one night meeting and discussing your individual wedding plans with the exhibitors at Wedding Fair 1995.

Admission is free for all brides and grooms. By attending, you are entered to win hundreds of dollars in gift certificates and free services.

A bridal fashion show by Chantilly Place of Tewksbury will feature the latest 1995 fashions of bridal gowns, bridesmaid, mothers and special occasion dresses...even custom-designed wedding dresses and headpieces by Analdo of Chantilly Place. Steppin Out Formal of Billerica will model the recent trends in formal wear.

Jon Mansfield from Mansfield Music will entertain at the piano. Northeast Entertainment Agency, Inc. will provide the evening's disc jockey and emcee service. Northeast Entertainment Agency, Inc. has been a leader in the entertainment field for over 25 years. Meet the agency's staff of professional consultants who can provide you with the best advice on entertainment in New England. Videos of bands and disc jockeys will be on display as well as other complimentary services such as videos sent directly to your house or in the comfort of one of three viewing locations in Massachusetts and New Hampshire and over 250 of the most popular bands and DJs to choose from.

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The "I Do Book" All Occasion Limousine Service of Chelmsford, Jon Mansfield of Mansfield Music, Mr. Tux, Nowlan Studios, Jewels by Park Lane, New England Bride, Northeast Entertainment Agency, Inc., Chantilly Place, Steppin Out Formal, D & S Entertainment Agency, D & B Photography, Malvy's Flower & Gift Shoppe, Tasher Studio, The Crowne Plaza Boston/Woburn, Paper Potpourri, Rent-A-Party, Princess House Products, Video Entertainment Services, Mary Kay Cosmetics and Unforgettable Designs. More to be announced.

Dracut Limousine Services 1948 Rolls Royce will also be on display. This unique car is available for 1995 and 1996 weddings. Show special includes a free gift certificate for a free 1/2 hour of limousine or Rolls Royce service. See a Dracut Limousine Service representative during the fair for details.

Brides, preregister and be eligible for a private viewing and to win hundreds of dollars in door-prize drawings. Call Dracut Limousine Service at (508) 957-1104 or 800-446-1104.

Admission is free for brides and grooms. Additional tickets are \$4 in advance or \$5 at the door. Seating is limited.

The Crowne Plaza/Woburn is conveniently located in Woburn. Take Exit 36 off Route 128. Doors open at 6:30 p.m. Seating is limited, so come early. This is one bridal event you can't afford to miss and you may walk away a grand-prize winner.

See you there.

Dracut Limousine Services 1948 Rolls Royce will also be on display. This unique car is available for 1995 and 1996 weddings.

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Monday, February 27th

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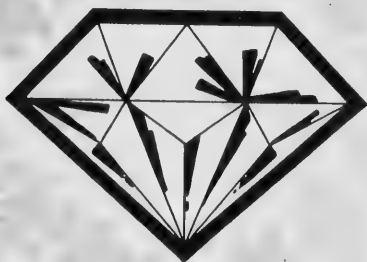
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MORE TO BE ANNOUNCED!

There's nothing like a diamond...



For the about-to-be new husbands worried about finding the perfect gift for the woman in their lives, the clue may lie in their beloveds' personalities.

Whether she's a little "rough" around the edges or highly polished, there is undoubtedly a diamond that's right for that special woman.

According to Lloyd Jaffe, chairman of the American Diamond Industry Association, no two diamonds are alike due to variations in the cut, caratage or weight, clarity and color of the stone. As with diamonds, each woman is unique and her individual character can help you figure out what to buy.

For the "conventional" who don't take many risks, choose diamond stud earrings or a diamond cocktail ring; for the adventurous with a more casual lifestyle, a tennis bracelet or a small diamond ring might be appropriate, and for the "sentimental," select a piece of diamond estate jewelry or a diamond brooch.

"Diamonds continue to be America's number one gemstone," Mr. Jaffe said. "In 1989 more than \$11 billion was spent on approximately 18.4 million pieces of diamond jewelry in the U.S."

In fact, diamonds continue to be favored at a rate of nearly eight to one over the combined value of all precious stones, including emeralds, rubies, sapphires, etc.

How to keep that diamond sparkling

If you have a diamond ring, there are ways to keep it clean and brilliant.

- Place the ring in a sudsy solution of warm water and mild household detergent. Brush the ring with an eyebrow brush, then rinse under warm running water. Use a lintless cloth to pat dry.

- Soak your ring for about 30 minutes in a cup half filled with cold water and half filled with ammonia. Using the eyebrow brush, tap around the back and front to the mounting. Swish the ring in the solution once again before letting it drain on a tissue.

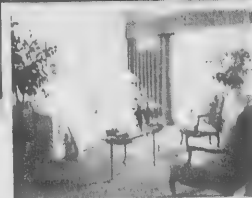
- Dip your ring in a brand-name liquid jewelry cleaner, but do not touch the diamond with your fingers. Handle jewelry by its edges.

- Machines are available that can clean your ring in a solution of water and detergent.

Remember, to help your ring last, don't wear it when doing rough work as diamonds can chip. Don't wear it when doing cleaning or laundry. Bleach can discolor the mounting. Have your jeweler check and clean your ring each year. When you're not wearing it, keep the ring in a jewelry case.



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Diamond wedding bands are not just for women anymore

When a couple gets married, the attention traditionally has been paid to the bride. Today, however, the groom is playing a larger part in the wedding process, from attending bridal shows, helping to make decisions regarding the ceremony and even receiving a diamond ring!

The man's diamond wedding band, like the diamond engagement ring, is a symbol of love and commitment, and provides the bride with a special way to reciprocate her feelings. This trend is quickly gaining ground, and in fact, sales of the man's diamond wedding band have increased nearly 100 percent since 1981, according to the 1992 National Family Opinion survey.

A recent survey conducted by Modern Bride Magazine supports this growth in popularity. In fact, more than half (59 percent) of the respondents agreed that it is becoming more popular for a woman to give her groom a man's diamond wedding band. Over 43 percent of women respondents said that he is likely to wear it because he likes diamonds and prefers the style.

"The increase in popularity can be attributed to the fact that jewelers are now catering to men's tastes by creating rings that are more masculine in design," said Jane Baum, co-chairman of a leading manufacturer of men's diamond wedding bands. She adds, "The styles are clean, bold designs with geometric lines that tastefully incorporate the diamonds."

While style plays an important part in the selection of wedding bands, the biggest reason for giving a groom a diamond wedding band is emotive said Lynn Ramsey, manager of the Diamond Information Cen-

ter. "A woman remembers how special she felt when she received her diamond engagement ring. With the man's diamond wedding band, a bride can recreate this special moment with a gift that symbolizes a lasting relationship," said Ms. Ramsey. "Furthermore, in a recent study, 47 percent of men surveyed felt that a man's diamond wedding band is more meaningful than a plain gold band."

In a time where men are becoming more involved in the planning and excitement of their own weddings, they now can experience the joy of receiving the traditional gift of love — diamonds.





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Tips for sending perfect wedding invitations

Computer technology has revolutionized the task of writing. But there are some instances where computer-generated materials simply are not appropriate. Wedding invitations are a prime example. For this once-in-a-lifetime event, quality and elegance cannot be sacrificed.

The experts at Rexcraft and Elaine offer some valuable tips on sending wedding invitations in style:

- When addressing the inner envelope, exclude the adults' first names and addresses. Intimate relatives may be addressed as "Aunt Elizabeth and Uncle John." Below the parents' names, include the first names of all children to be invited.

- On the outer envelope, always use a guest's full name and formal title. Use abbreviations only for Mr., Mrs., Ms., Dr. and Jr.

- It is improper to use abbreviations in the street address or to abbreviate a city or state. House numbers and zip codes may be written in figures.

- It is recommended to have your return address professionally printed on the outer envelopes to ensure that any undeliverable invitations are returned to you.

- Invitations should be mailed four weeks in advance.

- Check with the post office to see if the invitations need additional postage. Invitations on heavy paper or with several enclosures often do.

You are Invited...

The next time you dash off a note or send an invitation, keep in mind that the paper it's written on can communicate as much as the message. Quality writing papers and engraving add authority and distinction.

With the wedding season in full swing, particular care should be given to the selection of wedding invitations.

Ann Patron, president of the New York division of Smythson of Bond Street, London, notes that the wedding invitation is literally the first impression a guest has of the upcoming event. She suggests these points to keep in mind when making your selection.

- Opt for copper plate engraving, which conveys the quality and tradition befitting the occasion.

- Choose heavyweight paper stock in colors and textures such as cream or white wove.

- Pick the traditional lettering style, such as Shaded Antique Roman and English Script.

When selecting personal stationery, remember that it serves as your ambassador of good taste. As such, it should be of the finest quality and can be hand engraved with your name and address, a monogram, coat-of-arms or crest, or a picture of your house.

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Plan well in advance for that special day

Consultants save couples time, money

Planning the intimate wedding for a few friends and relatives? An extravaganza for hundreds? No matter what type of wedding is on the agenda, busy couples today may find themselves snowed under by all the details.

Facing decisions about everything from invitation wording to honeymoon locations, couples can cut down on the planning hassles with professional help from a bridal consultant.

The consultant is experienced in negotiating with caterers, florists, printers and other vendors, knows the best in each field and can save couples money through volume discounts and by avoiding costly mistakes.

"A wedding consultant," said Gerard J. Monaghan, president of the Association of Bridal Consultants, "will help you plan your budget, find the right vendors and turn your wedding dreams into reality."

No matter the size of wedding they're planning, couples still need services and supplies. A consultant saves them time by narrowing the

choice to vendors who best meet their needs.

All weddings start with budgets. By making a consultant part of the budget, couples can ensure that the rest of the expenses stay within their limits.

Shower the bride with more than affection

Here's an idea for a bridal shower that lives up to its name: a "shower" shower, featuring gifts the happy couple can use in that most-used room, the bath.

Substitute a "shower stall" for the traditional "wishing well" and encourage guests to contribute loofahs, sponges, body brushes, bath gels and the like.

Here are ideas for making shower gifts:

- Capture memories of the bride's bouquet with a floral shower curtain featuring flowers in pretty shades of blue, pink, green and yellow. Present a coordinating wastebasket filled with matching accessories.

- For the romantic bride, fill a white wicker basket with a shower curtain and coordinating accessories in a sentimental design which features delicate pink rosebuds.

- The happy couple can also enjoy an elegant all-white bath with white lace shower curtain and "Victorian" white ceramic accessories.



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Wedding flowers

Since ancient times, when bunches of herbs were worn by brides under their veils, flowers have been an integral part of the wedding ceremony.

The first bouquets were made of a mixture of chives, garlic and other strong herbs, which were thought to ward off evil.

Traditionally, flowers were symbols of fertility; however, many flowers also have modern-day significance.

Experts suggest that you consult a florist at least one month in advance and decide on colors and price.

Bring along a piece of material from the bride's and attendants' gowns to match the flowers.

(Also, make sure to find out what flowers will be in season, since these will cost less.

Another floral idea is to use silk flowers, which cost more than real flowers but can be a keepsake.

Don't forget flowers for the mother of the bride and the groom's mother, bouquets for the men, bouquets for any female attendants and flowers for the altar and reception hall.



The significance of roses

- The rose is the official flower of the United States.
- Fifty million rose plants are sold in the United States each year. Another 16 million are sold for the cut rose industry.
- Most modern roses are descended from China.
- In the Middle Ages, rosary beads were made of pressed rose petals.

Flowers and their meaning

The following list includes some favorite wedding flowers and their special meanings.

- Blue violets - faithfulness
- Apple blossoms - good fortune
- Rhy of the valley - happiness
- Forget-me-nots - true love
- Orchids - beauty
- Carnations - distinction
- White daisies - innocence
- Bluebells - constancy
- Lilies - purity and innocence
- Orange blossoms - purity and fertility
- Gardenias - joy
- Roses - love
- Nephanotis - the wedding flower

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An unusual wedding cake for party centerpiece

By Maria Moskos

I told a friend recently that I have a recipe for wedding cake made from potato salad. Her response was, "Ugh - sounds gross."

Wedding cakes are usually made from cake batter and served as the traditional dessert for the grand finale at a wedding. Why not include the traditional wedding cake form to be the perfect centerpiece and delectable accompaniment for sandwiches and cold plates at a bridal shower or "back-at-the-house" apres wedding celebration?

I always strive for the unique and unusual and this certainly would rise to the occasion. You would have your centerpiece, your starch accompaniment, your motif, your color scheme (colors of the vegetable flowers on the potato salad cake) and your special signature surprise all in one for your wedding or related wedding function.

For the wedding cake, I make a potato salad using waxy redskin potatoes cooked in their jacket, then peeled and marinated while warm. They hold their shape, don't crumble when sliced and don't absorb an excessive amount of dressing. These factors are very important, since the potato salad needs to be firm, not too moist, and able to retain its shape after being chilled and molded.

Potato salad

14 lbs. waxy red-skinned potatoes,

unpeeled

1 3/4 cup Italian dressing, home-made
3 1/2 cup mayonnaise, preferably home-made

3 large onions, finely chopped

3 tsp. salt

1 tsp. fresh ground black pepper

1/2 cup celery, chopped

1 doz. hard-cooked eggs, coarsely chopped

1/3 cup fresh flat-leaf parsley, coarsely chopped

1/3 cup fresh snipped chives

Place potatoes in water to cover in a large saucepan and bring to a boil. Reduce heat to a low boil partially cover and cook until tender, about 35 minutes.

Peel and slice while still warm and add the Italian dressing that has been blended with

the mayonnaise.

Toss gently. Add the rest of the ingredients and toss gently again. Cool completely. Do not make salad too moist - stop when potatoes seem just moist enough. Pack the cooled potato salad firmly into three greased foil or parchment paper-bottom and side-lined round molds of graduated sizes: a 12-cup mold, 12-inches diameter and three-inches deep; a nine-cup mold, nine-inches diameter and three-inches deep; and a six-cup mold six-inches diameter and three-inches deep. Chill potato salads in molds for 24 hours.

Turn out the tiers, largest tier first, onto a 14-inch cake plate or tray. The second layer is turned out directly centered over first

layer and follow suit with the top layer.

With a cake decorator finely mashed potatoes and pipe rosettes around the top and bottom edge of each tier to form a decoration resembling that found on a wedding cake. Place a bouquet of turnips daisies on the top tier for a dramatic finishing touch. Yields 27 cups. Serves 50 people

Turnip daisies

(Can be made one to two days in advance, wrapped in a moist cloth, then covered with plastic wrap.)

Slice two large purple top turnips into 1/3-inch thick slices. Using daisy cutters (available in specialty gourmet shops) cut several daisy shapes in graduated sizes from turnip slices. Use a melon ball scoop to cut out rounded half-scoops from carrots to form the centers for the daisies.

If you wish to coordinate a different color scheme, you could use green, yellow or

red peppers, purple cabbage or radishes.

To assemble daisies, use 8-inch wooden skewers that are put through the daisy's center. The carrot circle is then placed at the end of the skewer. Push a green scallion stem over the skewer to cover the skewer and form the green stem for the daisy.

With a clipper, cut stems to varying lengths to form a daisy bouquet in the center of the top tier of the cake. To form leaves to accompany the daisies, use scallion greens slit up their entire length and cut to a point on the end. Stick the flat ends of the scallion greens into the bouquet at various places, to form daisy foliage.

If desired, additional plain daisies of different sizes can be grouped into small clusters and placed in a decorative fashion nestled in the other tiers of the cake (tooth picks can be used to hold the centers to the main turnip daisy shape).

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A guide for making your wedding unique

A growing number of couples who want to make their special day as unique as they are are saying "I do" to weddings that go beyond tradition and reflect their love, lifestyle and budget.

Here are some tips from the "Priceless Weddings on Petite Budgets" section of the newly published *Creative Weddings* by Laurie Levin and Laura Golden Bellotti.

- When selecting a site, research the lesser-known inns and bed and breakfasts in your area. The ambience is more romantic and they may be able to give you a better deal than the average hotel or restaurant.

- Consider finger foods as an alternative to dinner — but make them substantial and abundant.

- Buy your own liquor, if possible. You'll realize a tremendous savings.

- Spend as much as you can on service personnel the day of the wedding. They're worth it.

- When people ask if you need any help, say yes...and then be specific.

- Whether you're coming up with a budget or coming down with a major case of wedding frenzy, keep in mind that your wedding is only a party; your marriage is going to last a lifetime.

Planning a memorable, creative and personal wedding can be a challenge for any bride and groom-to-be, especially those who stray from tradition.

Music should express feelings of bride and groom

A line in the popular "Wedding Song" says, "Whenever two or more of you are gathered in his name, there is love."

There is also music.

No wedding is complete without it, but to have it meaningful to the couple, it takes a little advance planning and ingenuity.

Here are some other guidelines and suggestions to make every wedding and its reception truly special.

If the wedding is to be performed in a religious setting, consult with clergy or the church music director to determine what types of music are allowed. Many churches, inspired by contemporary services, are eager to accommodate personal music choices.

Resist the temptation to use musical selections just because you like them. No matter how beautiful or entertaining, if the song diverts attention from the ceremony, don't consider it.

When choosing a vocal piece, evaluate the lyrics. Do they say what you want to be said?

Invite friends who can sing or play musical instruments well to participate. Often, the more personalized you make the ceremony, the more meaningful it will be for everyone.

Position musicians and singers near the front and to the side of the pulpit where they can be heard without upstaging the bridal pair.

Many contemporary brides are choosing to stand at the head of the aisle while a special song is played, joining the groom as the song comes to an end.

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Perils loom for Oriental rug buyers...

By Gordon Orme

If you are starting to delve into Oriental rugs, you are about to discover a richly colorful world of hand-knotted carpets in an infinite variety of textures and designs. Tribal geometric patterns from Turkey, or graceful classic Persian garden styles, each weaving area of the world, has its own artistic interpretation. Fine Oriental rugs have both beauty and durability, usually provide enjoyment for a lifetime if properly cared for.

When shopping for an oriental rug, there is no substitute for the guidance of a reputable dealer who has an established business. He has the knowledge and expertise to present only the best weavings, the best service and the best price. Such retailers are the backbone of the industry and they look after their customers.

Unfortunately, many people have succumbed to the lure of the phoney going-out-of-business-sale and the weekend motel-auction. Coincidentally, with the upsurge in the economy, there is a growing number of competitively ingenious promoters of these events. They are increasingly adept at manipulating the consumer's perception of value. By the time you discover you've paid too much money for an inferior rug, the promoter has left town and there is little that can be done. According to a recent *Boston Globe* report, problems involving inflated values, defects, inferior quality and outright fraudulent claims made to inexperienced rug buyers, resulted in them entering into litigation to recover their money from the promoters of the "auction."

Kukula Gastris and Mark Silver recently reported in a well-researched article in *US New & World Report*, "The ever popular going-out-of-business-sale is almost always a fake. Perhaps only 1 in 50 is legit..."

These promoters work on a consignment basis with large importers who are unable to sell their lower grade rugs to reputable retailers. Established retail dealers buy their rugs outright, thereby achieving a lower price structure and giving real value and the best selection to their customers.

The short-notice auctions, such as the weekend motel-sales, pose another hazard for inexperienced buyers. These are often advertised as 'US Customs Seized Oriental Rugs'



Cohen & Son Oriental Rugs of Keene, N.H., has just opened a new store in Bedford, N.H., shown above

or 'Important Public Auction.' According to Joyce C. Ware, author of *Official Guide to Oriental Rugs*, "Lies are the stock in trade of the weekend-motel-sales/auctions." Ms. Ware says the rugs offered were mostly "old worn examples that were mediocre to begin with, or shoddy new goods."

Legitimate auction houses can also present a challenge for inexperienced buyers, and a true bargain, these days, is a very rare find indeed. On the contrary, in the heat of competitive bidding, the price may be driven unrealistically high, often higher than a reputable dealer might sell the same rug for.

Acquisition of beautiful Oriental rugs at the right price is an investment in more ways than one. And, working with a reputable dealer is the best path to achieving this goal. He will gladly spend the time with you to answer your questions. He will help you learn as much as possible about what you are planning to buy, while showing you a wonder-

ful array of carpets. Also, established retail stores will guarantee your satisfaction. If the rug/carpet is not quite right for you when you get it home, you can return it to the store and try another one. They also guarantee the trade-in value of their rugs. If you buy from the other sources I have described here, the sale is always final. Furthermore, reputable Oriental rug professionals guarantee the quality of the wool, the foundation yarn, and the stability of the dyes used in their expertly selected rugs.

Clearly a dealer who has substantial inventory also has substantial buying power, and is in the position to offer you the best selection, the best value and the best service.

Gordon Orme is manager of Cohen & Son Oriental Rugs in Bedford, N.H. For information about Oriental rug workshops, please call: 603-471-2800, or call Menashe Cohen at the Keene store; 603-357-5152.



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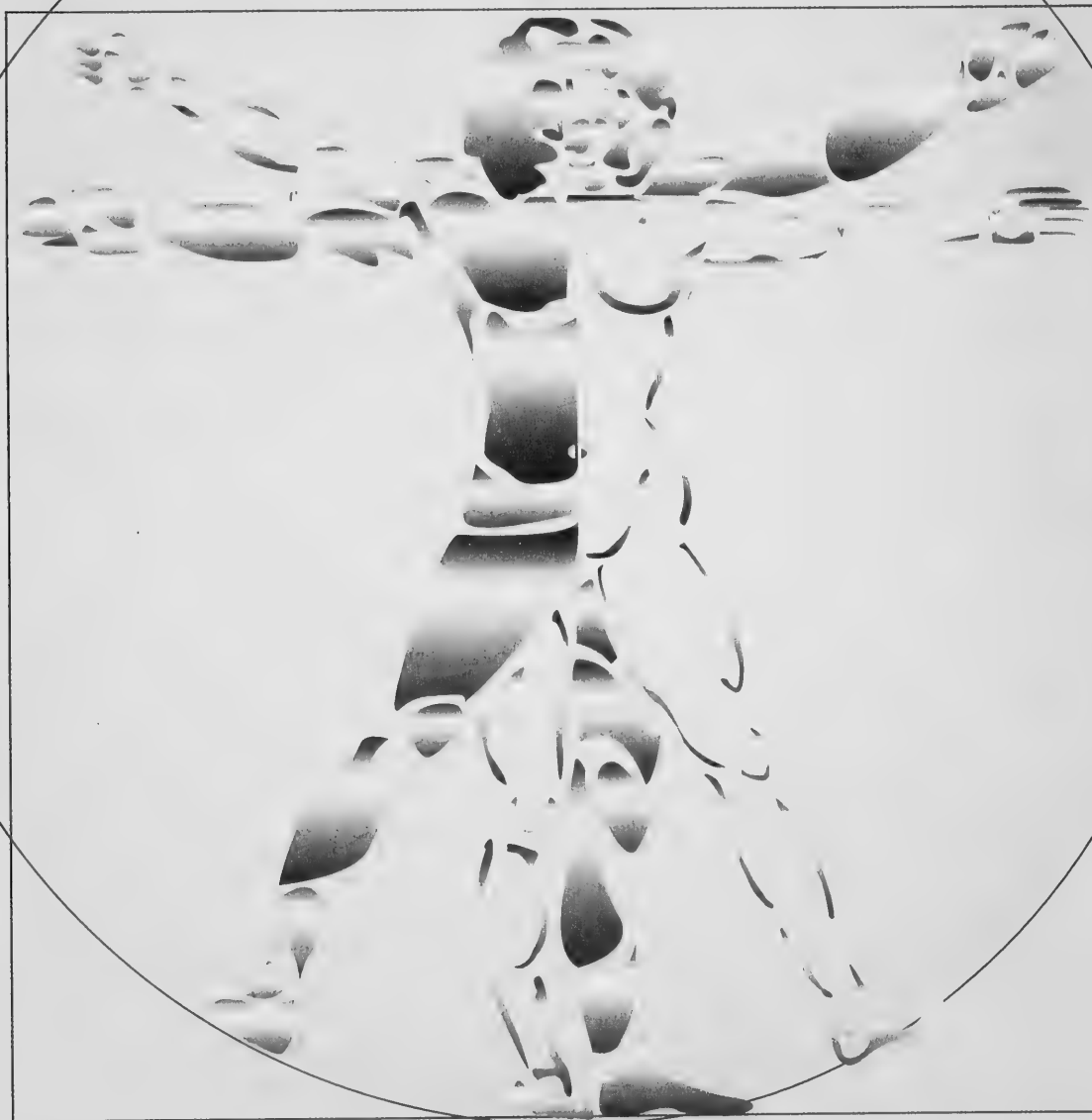
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February 9, 1995

Exercise & Fitness

Keep feet happy with these tips

Putting your best foot forward when you run or do aerobics can be a lot easier if you follow these steps to foot health from the experts at the American Podiatric Medical Association (APMA):

- Proper shoes are crucial to successful, injury-free aerobics. Because of the many side-to-side motions, shoes need an arch design that will compensate for these forces and sufficiently thick upper leather or strap support to provide forefoot stability and prevent slippage of the foot. Major shoe companies have designed special shoes for aerobics which provide the necessary arch and side support; they also have soles that allow for the twisting and turning of an aerobics regimen.

- Good running shoes should provide cushioning for shock absorption and ought to be able to fully bend at the ball of the foot area. Visit the shoe store in the afternoon when feet are slightly swollen and wear thick running socks when trying shoes on. Shoes fit properly if the heel is snug and does not slide and there's a thumb's width between the longest toe and the top of the toe box.

- When warming up for aerobics, do not bounce or use ballistic stretching. Knees should always be loose. As you work out, monitor your heart rate to stay near the target heart range



Photo by Lisa Adelsberger
Proper shoes are crucial to successful, injury-free aerobics.

(start with 220, subtract your age, then multiply by 0.8 to find target heart range).

- When running, lean forward slightly at the waist to develop a smooth, even stride. Feet should touch the ground with the weight toward the rear. Do not land on the toes or slap your feet on the ground. Keep feet powdered and dry to prevent blisters.

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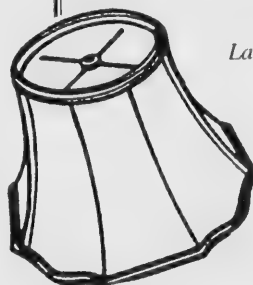
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No excuses!

By David Essel, M.S.
Corporate fitness consultant
NBC Radio host

Exuses, excuses, excuses. At the end of a long day at work, we're full of them. The easiest thing to do when we're tired is to make excuses not to work out.

Ironically, working out can give us a burst of day-end energy that actually helps us deal with stress and exhaustion. But that's a hard sell at 5:30 p.m. at night. Here are some ways to talk yourself back into a good workout.

Excuse #1: Working out takes too much time.

Working out doesn't have to be time-consuming. Work out as little as 30 minutes, three times a week to maintain your body weight; exercise 30 to 60 minutes five times a week and you'll improve body tone and reduce fat.

If 30 minutes seems overwhelming, break it up over the day. Use a 10-minute coffee break to walk around the building or up a flight of stairs. Park your car at the far end of the parking lot. Put together a short abdominal workout that you do in the morning or before you go to bed.

Excuse #2: Working out is boring.

Redundancy isn't always good. If your workout routine bores you, don't drop it all together, vary your workouts.

The newest fitness craze, circuit conditioning, involves an array of health club activities such as aerobics, stair climbing, stationary bicycling, treadmills and weight training. You get a complete body workout without the boredom. You can do most of your routines anytime, anywhere, depending on the weather, your schedule or the kind of mood you're in.

Excuse #3: It's hard to stay motivated.

Variety and rewards are two sure ways to keep in-step with your workout.

Circuit conditioning provides the variety many people need to enjoy exercise. If you feel you're married to the stair climber, climb off and go for a brisk walk.

Find a friend who enjoys exercising and agree to work out together once a week.

Don't forget to reward yourself for a job well done. Once a month, if you've stuck to your workout regime, buy yourself a new tape or workout outfit. Long-term rewards, like vacations or special events can also keep enthusiasm high.

Excuse #4: Health club and workout accessories are too expensive.

You don't need a Cadillac health club when a Volkswagen will suffice.

Determine what you need, like good equipment, a convenient location and qualified staff.

Then shop around. Most communities offer a variety of health clubs in a variety of price ranges.

Another option is to set up your

own at-home gym. Everything you need for a good aerobic and toning workout can be had in a jump rope, two small hand weights, tubing (for resistance) and appropriate shoes.

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Exercise & Fitness

Lose the fat; keep the muscle

Many experts suggest a three-step program to help you stay lean and healthy:

Exercise regularly

At least three times a week; more is better. Regular aerobic workouts increase your metabolic rate while enhancing your capacity to burn fat. Choose exercises such as jogging, cycling, in-line skating, stair climbing, swimming or brisk walking that engage large muscle groups.

Reduce fat

Reduction of total calories is not as important as the reduction of calories from fat. Many nutritionists recommend reducing fat calories to no more than 20 percent of total caloric intake. Increase dietary fiber and use cooking and salad oils sparingly.

Don't neglect

vitamins and minerals

The U.S. Department of Agriculture (USDA) studies show that the majority of Americans do not get adequate amounts of several important vitamins and minerals from their diet. For example, 75 percent get too little magnesium, 80 percent get less than the Recommended Daily Allowance of vitamin B6 and nine out

of 10 do not get enough chromium.

Chromium is an essential nutrient which helps the body use protein, fats and carbohydrates. Chromium occurs naturally in small amounts in brewers yeast, black pepper, broccoli, ham, and liver. A high-sugar diet can cause the body to lose chromium. Fortunately, the USDA discovered and patented a biologically available, safe form of trivalent chromium called chromium picolinate. It is now available to consumers as a nutritional supplement. Daily dietary supplementation with the nutrient chromium picolinate can, along with the steps suggested above, help to reduce body fat and build lean muscle.

The best thing about chromium picolinate may be that it makes other sensible weight-control efforts including exercising and eating a balanced diet more efficient. This nutritional supplement is available at local health food stores and many pharmacies and grocery stores.

Note: Always consult a physician before you begin any new exercise program or dietary regimen.

Exercise and headaches

By Dr. Roger Cady
Shealy Institute of
Comprehensive Health
Springfield, MO

Two migraine sufferers take up jogging – with dramatically different results. The first finds that jogging triggers his headaches. The second discovers that the frequency of his attacks drops. The reason why lies hidden in the susceptibilities of the individual doing the sweating.

Since the early 1930s, doctors have recognized exercise as a trigger of several categories of headache, among which is migraine. If you're susceptible to exercise-induced migraines, they're as likely to be provoked by a vigorous cough or sneeze as by running the Boston Marathon.

Fortunately, altering patterns of exercise may improve your chances of avoiding headaches. One swimmer, for example, discovered that a specific warm-up before a swim meet decreased both the intensity and frequency of her migraines.

If the old news about exercise was painful to some sufferers, recent studies should be a welcome balm to others. Several of these studies indicate that aerobic exercises such as running, bike riding, dancing, calisthenics and walking may be beneficial for some migraine patients.

There are several theories that may explain exercise's beneficial effect in terms of migraine. By improving cardiovascular fitness, exercise may result in improved blood flow to the brain. Exercise is also known to boost the levels of the body's natural pain relievers: endorphins, enkephalins and serotonin, which are believed to decrease during migraine attacks. Finally, exercise has been linked to relief of depression, stress and anxiety, factors that are believed to precipitate migraines.

Before beginning any program of exercise, please consult with your doctor.

If you suffer from migraines, consult your doctor. There are treatment programs that may help.

Free Newsletter

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Fortunately, altering patterns of exercise may improve your chances of avoiding headaches.

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Diet & Nutrition

Healthier eating starts with realistic goals

By Kerry Whitaker
Family Circle Consultant

If you're like me and have promised yourself to lose weight and live more healthfully, you aren't alone. Sixty-five percent of Americans go on a diet each year, but more than half of them don't maintain their diet plans for longer than a few weeks.

Set realistic goals

If you set realistic goals and make changes gradually, you're more likely to stay on track and ultimately develop a lifetime of healthier eating habits. To create lasting diet changes, choose an eating plan that satisfies both your hunger and taste buds and find ways to feel satisfied with your progress.

Cutting down on your saturated fat intake is a good goal to start with, whether you're on a diet or just trying to eat more healthfully. Carefully choosing the types of fat you consume rather than eliminating all fats is a more realistic approach to diet

change. Fat satisfies hunger and eliminating it completely could just send you back to the refrigerator more quickly.

Some fat choices are better than others

Studies have shown that saturated fat intake can be linked with obesity, increased levels of blood cholesterol and risk of heart disease. Other fats, however, have been shown to reduce blood cholesterol. In fact, on March 4, 1993, the New England Journal of Medicine reported the results of a Loma Linda University clinical study which showed that walnuts can have a cholesterol lowering effect on the diet when used in place of saturated fats.

Try using walnuts in pasta dishes to replace ground beef or Parmesan cheese or create a twist on pesto by replacing pine nuts with walnuts to make a healthier and less expensive sauce. Walnuts also can healthfully replace cheddar cheese on salads or coconut in cookies. Substitutions such as these will add character and flavor

to your recipes and deliciously reduce your intake of saturated fat.

Healthy recipes

My favorite snack recipe uses California walnuts. It's a delicious treat that will satisfy your hunger and boost your energy more healthfully than saturated fat-laden potato chips.

For more recipes and information on replacing saturated fats with walnuts, please send a self-addressed 9x12 envelope and \$1 in stamps to: Walnut Marketing Board, 545 Sansome St., San Francisco, CA 94111.

Energy Mix

- 1/2 cup chopped California walnuts
- 1 cup puffed rice cereal
- 1/2 cup raisins
- 1 cup coarsely chopped dried apricots

Toss all ingredients together and store in a tightly capped jar. Makes 3 cups or four 3/4 cup servings.

Per serving: 198 Calories, 9 g fat (1 g saturated fat), 0 mg cholesterol, 3 g protein, 30 g carbohydrate, 5 mg sodium.

Restaurants offer consumers healthy choices

If you've made a resolution to eat healthy in 1995, but find the idea of sticking to it while eating out hard to swallow, some restaurants are making it easier.

Nutrition experts say dining out in restaurants can be a part of a healthful lifestyle. In fact, according to Georgia Kostas, M.P.H., R.D., and author of *The Balancing Act: Nutrition and Weight Guide*, many restaurants are expanding their menus to offer healthier, good-tasting choices. Fifty percent of America's food dollars are spent in restaurants, and today's restaurateurs, she says, realize consumers want healthy, low-fat menu items that taste good.

According to Doug Brooks, president of national restaurant chain, "People watching their diets want to reduce their intake of fat and calories but don't want to sacrifice good taste."

Dining Out Tips

To further help you stick to your resolution, consider these suggestions from Georgia Kostas:

The migraine diet

By Dr. Roger Cady
Shealy Institute of Comprehensive Health, Springfield, Mo.

Most people learn about a connection between food and headaches ear-

ly in life — the first time they wolf down an ice cream cone. Later, they may discover the neurological hazards of monosodium glutamate (MSG) or of having one beer too many. But for

people who suffer from a migraine, almost anything they eat can result in a headache — if they have a sensitivity to it.

Continued on page 8

Continued on page 8

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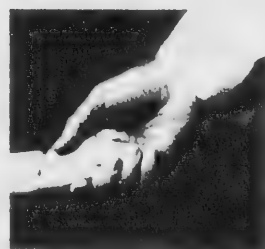
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Diet & Nutrition

Balanced diet can boost health

An apple a day keeps the doctor away...right? Well, while fruits in general are excellent sources of many vitamins and nutrients needed to stay well, they can't prevent all illnesses. The good news, though, according to The American Dietetic Association's (ADA) National Center for Nutrition and Dietetics (NCND), is that many foods can help reduce the risk of developing a number of diseases and other health problems.

"One of the keys to good health," said Nancy Schwartz, PhD, RD (registered dietitian), director of the NCND, "is to build a balanced diet with moderate amounts of a variety of foods."

"The new food label is an excellent tool to help consumers select many different foods that provide a variety of nutrients that can help prevent many illnesses."

The ADA encourages consumers to follow the guidelines of the USDA Food Guide Pyramid, which recommends six to 11 servings a day of grains, three to five servings of fruits, two to four servings of vegetables, two to three servings of dairy products, two to three servings of meat, poultry, fish, dry beans, eggs and nuts and minimal use of fats, oils and sweets.

"Using information on food labels to make food choices for a Pyramid-based diet is an important way to maintain or improve anyone's health," said Ms. Schwartz.

To help reduce the risk of:	Food to eat:	Food to eat:
• Osteoporosis	Calcium	Low-fat dairy products such as milk, cheese, yogurt and cottage cheese; green, leafy vegetables such as spinach, tofu, canned fish (with bones) and legumes such as kidney beans and peas
• Colon and rectal	Fiber	Whole grains such as cancer bran, whole wheat, barley and oatmeal; fruits with edible seeds, broccoli and legumes
• Anemia, bleeding gums, depression and joint pain	Vitamin C	Orange juice, green peppers, dark green vegetables and tomatoes
• Birth defects (such as spina bifida)	Folate	Oranges, leafy green vegetables, meats, fish, poultry, shellfish, legumes, fruits and whole grains
• Heart disease and oral, esophageal and reproductive cancer	Antioxidants (Vitamins C and E and beta carotene)	Citrus fruits, polyunsaturated plant oils such as margarine and salad dressings, green, leafy vegetables such as spinach, and carrots
• Diarrhea, dizziness, itchy skin rash	Niacin	Milk, eggs, meat, poultry, nuts, fish, whole grain and enriched breads and cereals and nuts
• Night blindness	Vitamin A	Carrots, tomato juice, sweet potatoes and spinach
• Weakness, headaches, lowered cold tolerance	Iron	Red meats, fish, poultry, eggs, legumes, dried fruits

Source: American Dietetic Association

Restaurants offer healthy choices

Continued from page 6

- Choose healthy entrees similar to what you eat at home.
- Order meat broiled or baked.

Choose poultry (without skin), veal, fish and seafood or lean cuts of beef such as a filet, top sirloin or flank.

- Don't hesitate to ask how foods on the menu are prepared or to request that they be made to suit your

diet.

- Avoid thick gravies, cheese sauces or sugar glazes. Order sauces and dressings on the side.
- Don't skip meals and arrive at the restaurant "starving" or you'll probably overeat. Snack on a healthy food beforehand to take the edge off your appetite.
- Frequent restaurants that offer menu items suitable to your diet.

The migraine diet

Continued from page 6

Usually, no single food is responsible for causing migraines. It's believed, however, that a combination of natural and artificial biochemicals, acting during a time of heightened susceptibility, may cause the changes in a person's body chemistry. This, in turn triggers the headache.

One theory is that certain foods cause expansion of the blood vessels in the brain. This sets off a chain of physical reactions similar to those of a migraine. Alcoholic beverages (particularly beer and red wine) and nitrate-containing foods (such as cured meats like hot dogs, bacon, sausage and ham) cause this blood vessel expansion.

Contradicting this theory, however,

may be foods that contain the amino acid tyramine or other amines (like chocolate, citrus fruit, aged cheeses, yogurt, sour cream, beans, nuts, hering or liver) or beverages that contain caffeine (coffee, tea or colas). These are also believed to act as migraine triggers, but the reasons why are not clearly understood.

Keep a food diary to record what you have eaten prior to a migraine attack. This can help identify food triggers. Then, speak with a doctor about making appropriate diet changes.

Migraine sufferers should consult their doctors for treatment.

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Diet/Nutrition

Beans: The cancer- fighting food

That food is low-fat, low cost, packed full of essential nutrients and helps reduce the risk of cancer and heart disease? If you didn't think about beans, then perhaps you don't know beans — about beans.

"Medical and nutritional experts have found that adding beans to your daily diet can reduce the risk of cancer and heart disease, as well as help control weight gain," says Gene Hermenet, president of Brooks Foods, a leading producer of beans. "Eating beans represents an excellent step in the right direction toward a more healthy lifestyle."

Beans bear powerful assets: B-vitamins facilitate cell production as well as healthy skin, eyes, hair and nails; iron is essential for healthy blood production; calcium is key for strong bones and teeth; and protein is essential to proper functioning of every cell in the body.

"Beans help fight weight gain because they provide lots of protein, but include only a tiny fraction of fat compared to equal servings of meat and poultry," explains Mr. Hermenet. A one-cup serving of beans contains about one gram of fat; a 3 1/2 ounce serving of ground chuck contains 23.9 grams of fat.

Calories from beans come mainly from carbohydrates and protein. The high carbohydrate content in beans means calories taken in are burned up quickly and converted into usable energy.

Beans reduce the risk of cancer and heart disease because the high fiber content — 12.2 grams per one cup serving — is more than half the recommended daily requirement. Soluble fiber, along with a low fat, low cholesterol diet, also aids in reducing blood cholesterol levels (a major factor in heart disease) by blocking the amount of cholesterol the body absorbs.

Beans regulate blood sugar levels and are an excellent way to manage diabetes because of their high carbohydrate and fiber content.

Experts recommend that about 60 percent of a diabetic's calories should come from complex carbohydrates. Consuming just one cup of beans provides more than half the daily adult requirement of complex carbohydrates.

"Americans are more health conscious than ever, and can find great tasting low-fat alternatives in creating bean dishes like rice and beans, fajitas and chili," says Mr. Hermenet. "Beans provide 'one-stop shopping' if you're looking for a cancer-fighting, low cost, good-tasting nutritional value."



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Diet & Nutrition

Food pyramid shows people should eat more grain products

You don't have to be an expert on Egyptian hieroglyphics to understand the meaning of this pyramid. That's because it was built to show Americans how to construct a balanced diet from the five (yes, five) food groups.

One look at the Food Guide Pyramid gives us the first clue — we should build our diet from a base of grain products. The USDA suggests we eat six to 11 servings daily from the bread, cereal, rice and pasta food group. The old guideline called for

Americans to eat only four servings of grain products daily.

In addition to encouraging Americans to add more grain products to their diet, the USDA also makes the following recommendations:

- Eat fats sparingly;
- Eat two to three servings from the milk, yogurt and cheese group;
- Eat two to three servings of meat, poultry, fish, dry beans, eggs or nuts;
- Eat three to five servings of vegetables; and
- Eat two to four servings of fruits.

"The pyramid shows that we need to restore grain products to their historic place as the staff of life," commented Judi Adams, M.S., R.D., executive director of the Wheat Foods Council.

To get the recommended six to 11 servings from the bread, cereal, rice and pasta food group, consumers should eat more of the foods they like, such as pasta, bagels and bread. Adding just two more grain foods daily will help the typical consumer to reach the minimum of six serv-

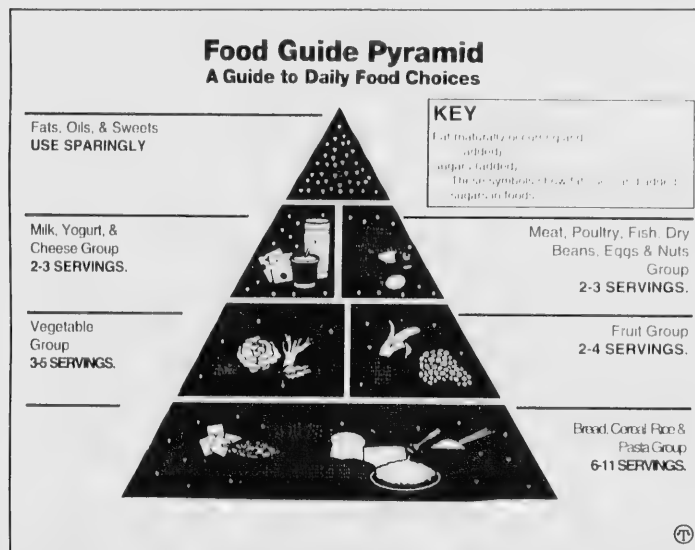
ings. An easy way to accomplish that is to get two or more servings of grain products at every meal.

"It becomes much more manageable," Ms. Adams explained, "when serving sizes are put into perspective." For example, eating a bowl of cereal and a piece of toast for breakfast equals about two servings from the grain group, while a typical pasta dinner counts as two to three servings.

"Americans can learn how to identify grain products and the important role they play in the diet, gain some understanding of servings sizes and see how easy it is to incorporate these guidelines," Ms. Adams said.

Grains are an excellent source of complex carbohydrates, which supply the body with time-released, long-term energy. Replace fat calories with added grain servings to give a sense of fullness and satisfaction.

For more information, send a self-addressed, stamped business envelope to: Wheat Foods Council, 5500 South Quebec, Suite 111, Englewood, Colo. 80111.



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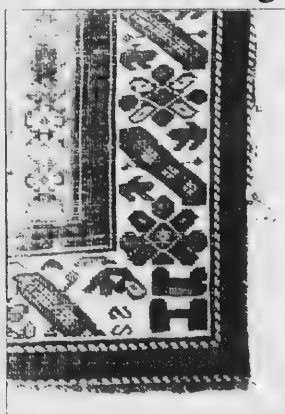
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Diet & Nutrition

Reducing dietary fat may decrease important nutrients

Nearly all major nutrition and health groups urge Americans to cut back on that great dietary evil: fat. Unfortunately, doing so may lead to low intakes of two important nutrients: lecithin and its primary component, choline.

Over the last 20 years, Americans cut total fat intake by about 15 percent, largely by decreasing consumption of such foods as eggs (by 20 percent), organ meats (by 50 percent) and red meat (by 48 percent), according to the U.S. Department of Agriculture. Although these changes can reduce the risk of heart disease and other diseases, these same foods are among the richest sources of lecithin and choline; grains, fruits and vegetables are much poorer sources.

Some experts worry that cutting dietary fat may unintentionally create inadequate intakes of choline and lecithin. People consume about 6,000 milligrams of lecithin per day. Eliminating an egg from the daily diet, for example, results in one-third less total lecithin for the day, on average.

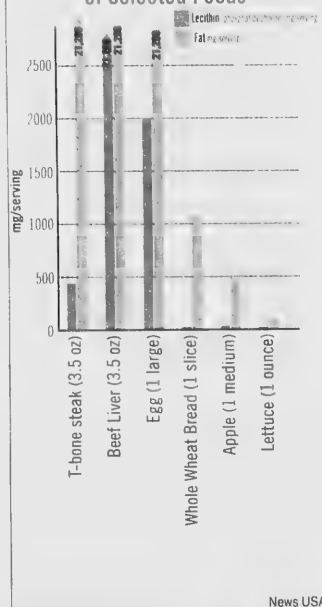
Research has shown that lecithin and choline play vital roles in brain

and nerve function, cholesterol and fat transport in the blood, and male and female fertility. Because choline is so critical in brain and nerve development, it is required in infant formulas. Choline also works together with folic acid, a vitamin that government officials now recommend women take to help prevent certain birth defects. Lecithin and choline are especially essential to the liver: a choline-deficient diet produces abnormal liver signs within weeks. Lecithin also appears to protect the liver from damage by alcohol.

Most recently, lecithin has been found to be critical in cell communications, the process by which cells work together in the body. Defects in cell communications are thought to underlie certain diseases such as cancer and Alzheimer's. Late last year, two scientists who discovered the process of cell communications were awarded the Nobel Prize.

Nearly all health experts agree that cutting back on dietary fat is a good idea. For people concerned about getting adequate intake of lecithin, supplements are available in health food and drug stores.

Lecithin and Fat Content of Selected Foods



Calcium requirements vary with age

If you're like most Americans, there's not enough calcium in your diet, according to an expert panel recently convened by the National Institutes of Health (NIH).

While everyone needs calcium, requirements vary with age. The panel noted calcium is just as critical for children and young adults to build and maintain strong bones as it is for older adults to prevent bone loss and osteoporosis, the major cause of bone fractures in people over age 50.

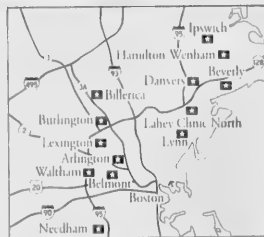
The panel reported that for many stages in life, current Recommended Dietary Allowances (RDA) were inadequate and provided optimal daily intake levels to replace current RDAs.

The best way to consume calcium is through dietary sources, the panel said, specifically dairy products. An 8-ounce glass of milk provides about 300 milligrams of calcium, about one quarter of the panel's recommended amounts. In addition to a high percentage of calcium, dairy products, such as

Continued on page 12

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Diet & Nutrition

Try yogurt instead of ...

In this age of health consciousness, Americans are learning how to deal with the dilemma of how to prepare dishes that are low in fat, and still receive high marks for taste.

Many believe that reducing fat means reducing flavor. But that's not necessarily the case, especially when an increasingly popular dairy food — yogurt — is used as the substitute for higher-fat recipe ingredients.

Cooking with yogurt makes cutting calories and fat from recipes without sacrificing taste surprisingly easy.

One cup (eight ounces) of plain, low-fat yogurt has more calcium (415.0 mg vs. 297.0 mg), more protein (11.9 g vs. 8.1 g) and less total fat (3.5 g vs. 4.7 g) than an equivalent amount of low-fat milk, according to a recent report released by the Yoplait Family Nutrition Panel, a group of leading health care professionals that interpret and discuss accepted and emerging yogurt research.

One cup of yogurt also provides about one-third of daily calcium requirements and 20 to 25 percent of daily protein needs. It also has more potassium than a banana and generous amounts of riboflavin, phosphorus and vitamin B12.

Also, unlike fluid milk and some other non-cultured dairy products some yogurt brands contain live and active cultures, which are easily digested by most individuals with lactose intolerance.

The benefits of yogurt can be enjoyed year-round. Try these suggestions for adding nutrition and cutting calories from .

- Replace oil with yogurt when making muffins and cakes. Strawberry or raspberry flavored yogurt adds a tasty twist to vanilla cakes.

- Use plain, low-fat yogurt as a replacement for sour cream in dips. Low-fat yogurt has approximately 350 fewer calories and 45 g less fat per eight-ounces.

- Top shortcakes with yogurt and fruit instead of whipped cream.

- Try yogurt instead of chocolate sauce as a fondue-like dip for pound cake.

- Use fruit-flavored low-fat yogurt as a dip for fruit instead of whipped topping or whipped cream which has about 200 more calories and 25 more grams of fat per eight-ounces.

- Use yogurt instead of ice cream in milk shakes. Vanilla ice cream has 44 more calories per eight-ounces and about 12 more grams of fat than low-fat, fruited yogurt.

Calcium requirements vary with age

Continued from page 11

milk, also contain other essential nutrients including vitamin D, which is crucial to the body's ability to absorb calcium and use it to make bone.

Optimal calcium intake is most important from childhood through mid-20s, when bones are growing the fastest and bone mass peaks, and again later in life when bone loss occurs. This loss often leads to osteoporosis, a disease which weakens bones and may lead to painful fractures.

The NIH panel recommends the following daily intakes:

- Children aged 1 to 10: 800 milligrams (mg)
- Children and young adults aged 11 to 24: 1,200 to 1,500 mg (higher than the U.S. Recommended Daily Allowances of 800 to 1,200 mg)
- Women aged 25 to 50: 1,000 mg
- As a result of accelerated bone loss from decreased estrogen levels during menopause, post-menopausal women should consume 1,000 to 1,500 mg.
- Men over 65, whose risk factors for osteoporosis, such as low levels of vitamin D and impaired calcium absorption are similar to those of women, may also need to increase their intake, but 800 mg is generally

recommended for men 25 years and older.

Many people, however, cannot digest the milk sugar, called lactose, found in dairy products. They produce insufficient amounts of the enzyme lactase, which is necessary for digestion of lactose. After consuming dairy products, they experience symptoms such as gas, bloating, cramps or diarrhea. To manage these symptoms, many avoid milk and cut other dairy products from their diets. As a result, they deprive themselves of the beneficial effects of calcium and put themselves at higher risk for bone loss.

For lactose-intolerant people, the NIH panel recommended the use of low and lactose-free dairy products to meet the optimal daily intake requirements for calcium. Lactase enzyme supplements can be used to make healthful dairy products easier to digest by supplying the body with the natural enzyme that breaks down lactose in these foods.

In developing the new recommendations, the NIH panel reviewed research completed since the RDAs were last updated in 1989. The panel's suggestions do not change the RDAs now set by the National Research Council, but will be considered in the council's upcoming revisions.

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General Health

Carpal tunnel syndrome doesn't discriminate

It's the epidemic of the 1990s.

It doesn't discriminate: Executives, secretaries, assembly line workers, housewives and meat packers are all at risk. In fact, by the year 2000, 50 percent of the work force could have a repetitive-stress injury such as carpal tunnel syndrome, according to the National Institute of Occupational Safety and Health.

Carpal tunnel syndrome, which can cause severe wrist pain and numbness, is the most extreme of the repetitive-motion injuries. At best, it is irritating. At worst, it is absolutely incapacitating. But there are ways to fight it.

"The earliest evaluation of the problem is critical," said Dr. Mark Davini, a Massachusetts chiropractor and expert on carpal tunnel syndrome. "As carpal tunnel syndrome becomes worse, more scar tissue forms and it is much more difficult to treat."

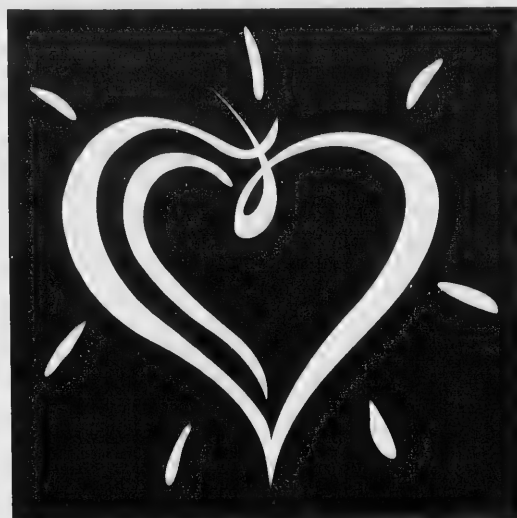
Repetitive motions, such as typing and assembly line work, strain and fatigue the wrist and hand. Because the wrist has no muscles, it cannot be strengthened. Thus these repetitive motions cause the wrist's carpal tunnel to lose its shape. This puts pressure on the median nerve, which passes through the carpal tunnel as it conducts feeling between the hands and body, and causes numbness and pain.

Following are tips for preventing carpal tunnel syndrome, according to Dr. Davini:

- Take breaks from the repetitive motion. Break up the workload so that the arms and wrists do not undergo the same back-and-forth or up-and-down motion over too long a time.
- Do stretching exercises for the arms before, during and after the long-term repetitive motion.
- Make sure the employer provides proper ergonomic equipment such as adjustable chairs and desks which lessens the strain on the wrists.

Dr. Davini noted it is also crucial that chiropractors and medical doctors properly diagnose carpal tunnel syndrome. Carpal tunnel syndrome is commonly misdiagnosed because many of its symptoms are similar to those of neck or shoulder injuries.

For more information about the proper prevention and care for carpal tunnel syndrome, call the American Chiropractic Association at 1-800-986-4636; the International Chiropractors Association at 1-800-423-4690, or your local chiropractor.



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General Health

Helpful sleep facts for seniors

Contrary to common belief, aging does not cause sleep problems. Nor do seniors need less sleep as they grow older. These prevalent myths result in a society that ignores seniors' sleep deprivation and its harmful effects.

When seniors don't get the sleep they need at night, daytime drowsiness dulls the senses and saps energy, impairing the ability to perform normal activities and increasing the risk of having or causing accidents.

Older adults need as much sleep as they did when they were younger - about eight hours nightly. But while seniors' need for sleep does not change, their sleep patterns do. The body's biological clock advances so they feel sleepier earlier in the evening and wake up earlier in the morning.

Sleeplessness in seniors is also often associated with medical problems such as chronic pain, heart disease and other ailments.

To help seniors get out of the dark - and get some rest - the Better Sleep Council offers these tips:

- Exercise. 20 to 30 minutes, three days a week - but not too close to bedtime. Take a walk. Getting natural daylight will help you sleep better at night.
- Regulate naps. Long afternoon naps may interfere with nighttime sleep patterns. If you need a nap, don't sleep longer than 30 minutes.
- Check medications. Some may interfere with sleep. Check with your physician.
- Avoid caffeine in the evening. Stimulants such as coffee, tea, chocolates, and sodas make it harder to fall asleep.
- Create a restful sleep environment. Sleep in a cool, quiet, dark room on a comfortable, supportive mattress.

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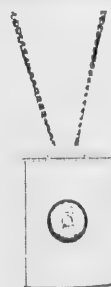
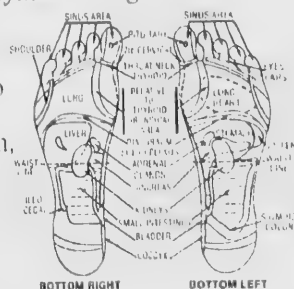
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Andover Eye Associates is a multi-specialty group of ophthalmologists with offices in both Andover and North Andover. These internationally-noted physicians have affiliations with the Massachusetts Eye and Ear Infirmary and teaching positions at Harvard Medical School. Each has a sub-specialty of ophthalmology, which allows area residents to benefit from state-of-the-art eye care within a convenient location.

Andover Eye Associates was founded by Dr. Mark Abelson in 1977 to provide state-of-the-art care in cataract and corneal surgery. He has published many articles in this area and has contributed to the current success of these procedures. Over the years this group practice has been expanded to include physicians who have made similar contributions in their areas of expertise.

Daniel J. Townsend, M.D., of Andover Eye Associates, has been performing oculo plastic, orbital and lacrimal (tearduct) surgery at the Andover Surgical Day Care Clinic since 1986.

Over the past three years, Dr. Townsend has been performing a new technique in cosmetic eyelid surgery, done without a skin incision and often

Andover Eye Associates was founded by Dr. Mark Abelson in 1977 to provide state-of-the-art care in cataract and corneal surgery. He has published many articles in this area and has contributed to the current success of these procedures. Over the years this group practice has been expanded to include physicians who have made similar contributions in their areas of expertise.

without any stitches required. This surgical procedure, called transconjunctival blepharoplasty, was initially developed in southern California in the late 1980s.

It has proven to be a very effective means of removing the "bags" under eyelids which commonly give a middle-aged or even younger patient a "tired" or depressed facial appearance.

Although insurance usually does not cover the costs of this procedure, the surgery is generally quick (about one hour) and can be done under local anesthesia, with minimal postopera-

tive pain. Side effects are few, with temporary bruising, puffiness and discoloration of the eyelids usually disappearing within a few days after surgery.

The Andover Surgical Day Care Clinic, where Dr. Townsend performs his eyelid surgery for patients from Greater Merrimack Valley, offers an excellent support staff for Dr. Townsend, including anesthesia and postoperative recovery room services.

In addition to cosmetic eyelid surgery, Dr. Townsend performs functional and reconstructive surgery of the eyelids and orbit, including ptosis

(drooping eyelid) repair, skin cancer removal, repair of bony fractures of the eye socket and similar facial trauma and tear duct reconstruction.

A native of Minnesota, Dr. Townsend graduated from the Mayo Clinic School of Medicine and completed his internal medicine, ophthalmology residency and fellowship training within the Harvard Medical School system at New England Deaconess Hospital and Massachusetts Eye and Ear Infirmary, Boston.

He has recently co-authored a book, *Atlas of Eyelid Surgery*, published in 1993, and is the author of numerous articles and book chapters regarding ophthalmic plastic surgery.

Dr. Townsend is on the medical staff of seven hospitals in the Greater Boston area and has been affiliated with Harvard Medical School since 1985 as a clinical teacher.

He has been seeing and treating patients at Andover Eye Associates since 1984.

If you desire further information concerning cosmetic or functional eyelid surgery as well as any other aspect of eye care, contact Andover Eye Associates at (508) 475-0705.



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General Health

Arthritis: What is it?

Arthritis, which literally means "inflammation of the joints," refers to more than 100 different short-term and long-term conditions affecting areas around the joints. Joint refers to the place where two bones meet. In advanced cases of arthritis, the tissues around the joint become inflamed, enlarged and eventually destroyed. As the protecting tissues deteriorate, bones come in contact and rub against each other causing swelling, redness, pain and loss of motion in the affected area.

Presently, arthritis affects one in seven people or one in three families. Some 2.1 million men and women have rheumatoid arthritis and 16 million suffer from osteoarthritis, the two most common forms of the disease. Rheumatoid arthritis is the most debilitating form of arthritis and usually involves multiple joints in the hands and feet. Developing in people at any age, the disease strikes women three times more often than men. The most prevalent form of arthritis, osteoarthritis, results from the chronic breakdown of joint tissue or "wear and tear" put on a joint. Osteoarthritis rarely occurs before mid-life.

Arthritis is a leading cause of industrial absenteeism and, after heart disease, is the second leading cause of disability payments. The estimated annual cost of arthritis to the economy in medical and lost wages is \$54.6 billion, or almost 1 percent of the gross national product.

Treatments

Currently, no treatment can eliminate arthritis entirely. Treatment methods can relieve pain slow down

the disease process, reduce inflammation, improve function and enhance patient well being. A treatment program should be designed by a medical professional to meet each person's individual need, taking into account the severity of the disease, other medical problems, lifestyle and preferences.

A treatment program might include one or a combination of the following therapies: exercise, diet, fast-acting medication such as aspirin, or slow-acting medications devised to change or slow down the disease course and possibly induce remission.

Even with medication and therapy, some patients with arthritis experience tremendous difficulties performing daily tasks, such as grooming, driving to work, cooking and grocery shopping. These patients may want to discuss the option of small joint reconstruction surgery with a team of health care professionals, including a family physician or rheumatologist, surgeon and physical therapist. Many patients report that relief from constant pain is the greatest benefit of small joint reconstruction. Additionally, many patients experience increased function and less deformity of the hands, giving patients back the ability to perform daily activities.

To learn more about arthritis treatment options, including small joint reconstruction, Wright Medical Technology has developed a brochure, *Hand Signals and Foot Prints*. To receive a free copy, write to "Recapture the Action," P.O. Box 100, Arlington, TN 38002.

Treatment includes medications like pain relievers and anti-inflammatory drugs, some of which are available without a prescription.

When the cartilage is completely gone, joint replacement surgery may be an option. Surgery is expensive and the artificial joint implanted to replace the worn-out joint may need to be replaced after a decade.

The American College of Rheumatology recommends several tips you can follow before you develop osteoarthritis to help prevent the disease or make it less severe.

- Exercise properly. Some exercises that stress the joints with high-impact, repetitive motions can increase the risk of osteoarthritis. But other low-impact exercises that strengthen muscles around the joints can take pressure off the joints, keeping cartilage healthy.

Simple tips decrease arthritis risk

Osteoarthritis, the wear and tear of joints, is a common, painful disease that strikes middle-aged and older people.

More than 16 million Americans have osteoarthritis, and nearly everyone over age 75 has this form of arthritis, according to the American College of Rheumatology. Rheumatologists are specialists in the treatment and research of arthritis.

In osteoarthritis, cartilage that covers the ends of the bones in joints degenerates. Cartilage normally provides a cushion between bones. With that protection gone, the bones rub against each other and cause pain.

Rheumatologists have found that joints in the fingers, neck, lower back and legs are more prone to osteoarthritis. Women are more often affected than men.

Once someone gets osteoarthritis, it will not go away. There is no way to replace the cartilage in the joints.

Small joint reconstruction may be help for arthritic people

"Small joint reconstruction surgery gave me back my life," says Cele Kennedy, a woman from Phoenix, who after living with arthritis for more than 25 years, had surgery in her right and left hands.

"Before I had my finger joints reconstructed, I could barely do daily activities that other people take for granted without severe pain. Surgery has helped my hands feel and look one hundred times better."

Many patients with severe arthritis who have undergone small joint reconstruction surgery have similar stories. Small joint reconstruction, or arthroplasty, is a surgical procedure in which deteriorated joints in the hands and feet are remodeled or replaced. The procedure is intended to greatly reduce or even eliminate the chronic or constant pain people with severe arthritis experience, as well as increase mobility.

According to small joint reconstruction pioneer Alfred B. Swanson, M.D., professor of surgery at Michigan State University and director of orthopedic surgery and of the Hand Surgery Fellowship at Blodgett Memorial Medical Center in Grand Rapids, Mich., "Many patients who suffer with severe arthritis are unaware of the potential benefits of small joint reconstruction and continue to be treated with medications. However, once patients reach the point that medications are no longer effective in their pain management, surgery needs to be considered to alleviate discomfort."

Patients undergo small joint reconstruction for three primary reasons:

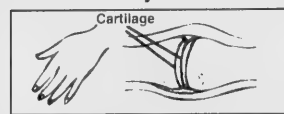
- **Relief of pain** - At severe stages of the disease, the joints have deteriorated and traditional pain management methods are no longer effective.

- **Increased mobility** - The effects of arthritis may drastically limit the range of motion of the foot or hand, restricting normal joint function. Surgery does not cure arthritis, but many patients experience increased mobility in the hands.

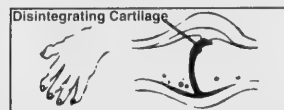
Sports injuries often cause osteoarthritis later in life, so caution should be taken by athletes not to overdo it on the playing field.

- Consider estrogen after menopause. Preliminary research shows that estrogen replacement therapy in post-menopausal women may decrease the risk of osteoarthritis by 30 percent. It's too early to prescribe the hormone just for osteoarthritis prevention, but it does seem to help women who take estrogen for other reasons, such as heart disease or osteoporosis prevention.

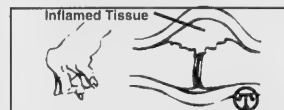
Healthy Joints



Osteoarthritis



Rheumatoid Arthritis



Decreased deformity - Chronic swelling and joint deterioration lead to distortion of the diseased knuckles and joints. The deformity results in severe pain and limited function.

The decision to have surgery should be based upon fully informed discussions about the risks and benefits with a family physician or rheumatologist, surgeon and physical therapist. Following surgery, for several months patients will need to undergo therapy on a daily basis. Motivation and participation are vital to the success of rehabilitation.

Many patients who follow a stringent rehabilitation program are able to return to activities they were forced to abandon due to the disabling effects of arthritis. Patients often regain small hand and foot movements required in leisure activities, such as painting, needlepoint, cooking, playing cards, walking and exercising.

- Be careful on the job. People working in jobs that require repeated knee bending and heavy loading have a higher risk of developing osteoarthritis. Elementary school teachers who kneel beside students' desks, nurses, and construction and maintenance workers have been shown to be particularly susceptible.

- Lose weight. Extra weight stresses the joints. Maintaining the proper weight can decrease the risk of osteoarthritis. Carrying just a few extra pounds, even as early as 20 years of age, can lead to osteoarthritis later in life.

General Health

Congestive heart failure needlessly endangers lives

At age 62, Julian Barber, an active and busy communications executive, suddenly had difficulty performing even the simplest of daily activities. Just walking down the hall at work exhausted him. He was unable to sleep at night, and gained weight even though his diet was stable.

He soon made an appointment with a general practitioner who diagnosed him with a common heart ailment and prescribed a drug that would be appropriate for that condition. However, Mr. Barber's symptoms grew worse.

At the recommendation of a friend, Mr. Barber went to a cardiologist and was diagnosed with congestive heart failure (CHF) – a serious, life-threatening condition in which the heart gradually loses its ability to pump enough blood to supply the body's needs.

Mr. Barber was hospitalized at once and told that a heart transplant was a possibility if his condition further deteriorated. He was first put on medications that included ACE inhibitors and a diuretic. This combination proved so effective that his health improved dramatically in just three months. Four years later, Mr. Barber enjoys a normal, active life.

His experience is all too common. Many patients with CHF go undiag-

nosed because physicians often link its warning signs to other less dangerous conditions. In addition, many people with CHF ignore the early symptoms. Consequently, many do not receive appropriate treatment in the beginning stages when it can be most effective.

"CHF is dangerous because its symptoms usually develop so gradually that many people don't recognize that they signal a very serious disease," comments Dr. Alan Wasserman, director of cardiology at the George Washington University Medical Center.

Congestive heart failure affects between two to three million Americans and contributes to 270,000 deaths in the U.S. each year. The condition is one of the leading causes of hospitalization in people over age 65.

Health problems that increase risk for the condition are a history of heart attack, heart muscle inflammation or damage and long-standing high blood pressure.

Some of the most common symptoms of CHF are swollen legs or ankles, weight gain from fluid retention, shortness of breath and cool, pale hands and feet. Other signs include increased urination at night and fatigue and weakness even at rest.

Are you at risk for Heart Failure?

Your heart may be working too hard without you even knowing it. Take the test below; if you check two or more boxes from **each** column, it might be time to visit your family doctor.

Check any of the following that apply to you.

- | | |
|--|--|
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Difficulty breathing |
| <input type="checkbox"/> Over age 55 | <input type="checkbox"/> Swollen legs or ankles |
| <input type="checkbox"/> More than 20 lbs overweight | <input type="checkbox"/> Shortness of breath, even at rest |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Abdominal pains |
| <input type="checkbox"/> History of chronic lung disease | <input type="checkbox"/> General fatigue and weakness |
| <input type="checkbox"/> Regular cigarette smoker | <input type="checkbox"/> Anxiety, headache or insomnia |

Call 1-800-497-0360 for a free brochure.

Once the condition is diagnosed, Dr. Wasserman strongly advises patients to strictly adhere to physician instructions on medications and recommendations on diet and exercise. He says that one of the chief problems in treating the condition is sometimes just getting the patient to take the drug.

Free brochure

To find out more about CHF, call 1-800-497-0360 for a free brochure. The brochure is being offered as part

of a nationwide education campaign launched by the non-profit Alliance for Aging Research and the National Heart, Lung and Blood Institute.

"It is important for everyone to know about the warning signs of CHF," comments Daniel Perry, executive director of the Alliance for Aging Research. "It is the goal of our campaign to help keep older Americans out of hospitals and living healthy and independent lives."

Prevent high blood pressure in four steps

Just about everyone is familiar with high blood pressure, or hypertension, but few understand it.

Try this true or false quiz:

1. Stress causes high blood pressure.
2. High blood pressure has no symptoms.
3. People whose parents had high blood pressure will also have it.
4. Nothing can be done to prevent high blood pressure.

The answers to these questions, from the National Heart, Lung and Blood Institute, one of the National Institutes of Health, can be surprising.

The first statement is false. Stress does make blood pressure rise, but not permanently. Rising and falling blood pressure is normal, but it becomes dangerous when it is always high.

The second statement is true – usually. High blood pressure is called "the silent killer," making regular blood pressure checks vital.

The third statement is false. Family history makes high blood pressure more likely, but not a certainty.

The encouraging news is the fourth statement is false. High blood pressure can be prevented through four simple steps:

- Control weight. Being overweight means a two- to six-fold higher risk of developing high blood pressure. About 20 to 30 percent of hypertension in the United States is related to excess weight. If you need to reduce, try to lose one-half to one pound per week.
- Increase physical activity. Many studies show that active men and women of all ages have less hypertension than their inactive counterparts.
- Avoid excess salt and sodium. Consume no more than 2,400 milligrams of sodium a day. This includes what's in processed foods and added during cooking and at the table. Salt is only one form of sodium – there are others. So watch your use of all forms.
- Avoid excess alcohol. If you drink, do so in moderation – no more than two drinks daily. About 5 to 7 percent of hypertension in the United States can be attributed to the consumption of three or more alcoholic drinks a day.

"By preventing high blood pressure," says Dr. Claude Lenfant, director of the NHLBI, people may "also sidestep its serious health complications – stroke, heart disease and kidney failure."

For more on high blood pressure, call the NHLBI Information Line at 1-800-575-WELL.

Family tree may hold the key to stroke risk

Anne Williams had followed in her father's footsteps since childhood. He taught her to play tennis, they went to the same college and even into the same business. But it wasn't until she suffered a stroke early last year that she realized how much they really had in common.

"Even though my dad suffered a stroke, it never occurred to me that I might be at risk," said Ms. Williams, 47. "I didn't pay much attention to the fact that it could happen to me, too."

Like Ms. Williams, many people aren't aware of how significantly their family's medical history can affect their risk of disease, and stroke is no exception. The National Stroke Association recently found that individuals with a family history of stroke are five times as likely to be afflicted with the disease than those whose families have no history of stroke. The most significant study pointing to heredity as a link to stroke was conducted at the Yale University College of Medicine in 1992. In this study among twins, researchers found a nearly five-fold increase in the prevalence of stroke, proving that genetic factors increase one's risk for stroke.

Often referred to as a "brain attack," a stroke occurs when the blood flow to the brain is suddenly

interrupted. Its devastating effects – from paralysis to loss of speech and memory – make stroke America's leading cause of adult disability and third leading cause of death.

While you can't change your family's medical history, being aware of it is one of the best ways to protect yourself from stroke. In Ms. Williams' case, she didn't realize that her father's stroke was an opportunity for her to get the facts about the disease.

"Learning about our family's medical history is something we don't often do until it's too late," says Fletcher McDowell, M.D., president of the National Stroke Association. "But a full stroke may be preventable if people are aware of their stroke risk and the warning signs."

So while genes can set the stage for a stroke to occur, it's important to look out for the warning signs. Probably the most significant warning sign is a "mini-stroke" or transient ischemic attack (TIA). A TIA lasts a few minutes and causes no permanent damage, but it can be a serious foreshadowing: 36 percent of people who experience a TIA will go on to have a full stroke. The symptoms of a TIA – which are identical to the symptoms of a full stroke – include

Continued on page 18

General Health

Is it more than a cold?

It seems surprising, but every year nearly a quarter of a million Americans die from respiratory infections. In fact, the National Foundation for Infectious Diseases, ranks respiratory infections second only to AIDS among infectious diseases as a major public health concern.

Respiratory infections can range from simple colds and "flu" to serious bacterial infections, including pneumonia, bronchitis and even tuberculosis.

Such infections spread most often when people cough or sneeze infected particles into the air. In cold weather, as people spend more time crowded together indoors, infection may spread rapidly.

Prevention and treatment

Most respiratory infections are caused either by viruses or bacteria. Colds and influenza are viral. Although there's still no cure for a cold, a way to minimize the spread of germs is to wash frequently and try to avoid sharing towels, glasses and utensils. Influenza can be prevented by vaccination, which is particularly recommended for people over 65 or with heart or lung diseases, cancer, HIV or AIDS.

Bacterial infections, such as pneumonia, sinusitis, bronchitis and strep throat require treatment with antibiotics. The particular bacteria must be determined by a doctor who prescribes appropriate medication.

Antibiotics are most effective when taken according to a specific schedule. Many must be taken three or four times a day for as long as 14 days. This need for prolonged, multiple daily dosing may be a major reason more than 80 percent of Americans fail to take their antibiotics as prescribed. This can be a serious mistake. Bacteria may survive partial treatment, cause reinfection, develop resistance to antibiotics and become more difficult to treat.

Some newer antibiotics, however, may be significantly easier to take than others due to their once-a-day administration and shorter duration of therapy.

Free brochure

For a free brochure, *Is It More Than the 'Common Cold'?*, underwritten by an educational grant from Pfizer, Inc. and including information on common respiratory infections and a checklist of signs and symptoms, call 1-800-742-1555.

Family tree may hold the key ...

Continued from page 17

sudden blurred or decreased vision in one or both eyes, numbness of an arm, leg or side of the body, difficulty speaking or swallowing and loss of balance. A TIA often serves as the wake-up call for those at risk to make serious lifestyle changes. Quitting smoking, controlling blood pressure, eating a low-fat diet and exercising are all ways to reduce your risk.

In addition, research has proven that there's another way to help prevent a full stroke from occurring — aspirin. While many people are aware that aspirin, when used under a physician's supervision, can help prevent a second heart attack, a surprising number of people don't know that medical research has also supported aspirin's use in preventing recurrent stroke.

Ischemic strokes are similar to heart attacks in that they result from blood clots blocking blood vessels. By reducing the tendency of blood platelets to clot, aspirin allows blood to flow more freely throughout the body. Doctors began recommending aspirin as preventive therapy for recurrent strokes in 1980, after the U.S. Food and Drug Administration (FDA) approved its use in treating patients who had suffered TIAs.

"More and more doctors have found an aspirin regimen, along with healthy lifestyle changes, to significantly benefit their patients at risk for stroke," says Dr. McDowell.

Most people can take aspirin without any stomach discomfort. For the 2 to 6 percent of people who actually experience stomach upset, however, doctors often recommend enteric or safety-coated versions. This formula is designed specifically for people on an aspirin regimen. If you think aspirin therapy may be right for you, see your doctor before beginning a regimen.

In cooperation with the National Stroke Association, The Bayer Company is offering an informational brochure on stroke prevention. For your free copy *Using Your Head To Prevent Stroke*, The Bayer Company, 90 Park Ave., New York, NY 10016, or call 1-800-332-2253.

Quitting smoking, controlling blood pressure, eating a low-fat diet and exercising are all ways to reduce your risk.

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Audio Hearing Center: Hearing aids have come a long way

In the 1920's, hearing aids were large, bulky devices with vacuum tubes and heavy batteries worn on the body.

In the 1950's, the introduction of transistors allowed hearing aids to be worn behind the ear.

In the 1970's, miniaturization of microphones, speakers and batteries led to hearing aids small enough to be worn in the ear itself.

More recently, with dramatic advances in computer technology, "smart" hearing aids, with microchips and digitally controlled programs have arrived.

New capabilities

What does the introduction of microchips and digitally-controlled programs mean for people who use hearing aids?

These advances have allowed hearing aids to get "smart." In the past, hearing aids pretty much worked the same way all the time - whether in a quiet room or a noisy one, whether amplifying soft sound or loud sounds.

Now, hearing aids with microchip and digital technology can "hear" and react to the sounds around them.

For example, the new "smart" hearing aids can be programmed to amplify all sounds in a quiet room, but to reduce the amplification of background sounds in a noisy room. They can even divide sound into two or three separate parts, or channels, and amplify each channel differently.

Why are these advances so important? Why haven't conventional hearing aids been sufficient?

Most people with hearing loss have inner ear, or nerve hearing loss. This type of loss leads to distortion of speech and increased sensitivity to loud sounds and background noise. Conventional hearing aids often were not "smart enough" to compensate for these problems.

What do hearing-aid users think?

How well are the new hearing aids doing? Several studies have shown that these advanced hearing aids can offer dramatic improvements. Tests of speech understanding have resulted in improved scores for most people. And hearing-aid users have preferred digitally programmed hearing aids over conventional hearing aids 80 percent of the time. They report improved sound quality and improved hearing, especially in noise.

Interestingly, while people who use the advanced hearing aids notice the improvement, they may not be aware of just how much better they are doing. One study indicated that family members consistently noticed more improvement than even the hearing-aid user reported.

While these new hearing aids can offer dramatic benefits, they are not suitable for everyone.

In order to accurately determine the benefits for the individual user, it is essential to have a recent hearing

test. Because of the programmability of these instruments, one can request a demonstration. This allows a first-hand impression of the instrument and its benefits. Most users require a period of adjustment to fully appreciate the enhanced features of the aids. Yet for most (especially present hearing-aid users), the demonstration is the best way to experience better hearing through better technology.

To find out more about these technologies, contact your nearest dispensing audiologist.

You can call ASHA (American Speech-Hearing Association that certifies audiologists) at 1-800-638-8255 for a referral, or contact Audio Hearing Center at 475-9595.

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In the 1970's, miniaturization of microphones, speakers and batteries led to hearing aids small enough to be worn in the ear itself.

More recently, with dramatic advances in computer technology, "smart" hearing aids, with microchips and digitally controlled programs have arrived.

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Call for a demonstration today. (508) 475-9595



Audio Hearing Center

79 North Main Street, Andover, MA
(Across from Fire Station)

General Health

Diabetes: A threat to you?

An estimated 14 million Americans have diabetes – a disease characterized by an inability to properly process sugar – and about half of them don't even know it. Up to 10 percent of these people depend on daily doses of insulin to survive. Researchers have come up with a new regimen that may make a healthy difference in their lives. That's one more reason it's a good idea to see your doctor regularly.

"People with insulin-dependent diabetes need to know that good control of blood sugar can help prevent the eye, kidney and nerve diseases caused by the disease," said Dr. Philip Gorden, director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

"Diabetes is the number one cause of blindness in adults, kidney failure and non-traumatic amputation," Dr. Gorden added. "It also costs this country an estimated \$92.6 billion a year. By preventing these complications, we can help people with diabetes live longer, healthier lives and reduce their health care costs."

To achieve this goal, the NIDDK has launched its first program to increase awareness of the benefits of controlling blood sugar in people with

insulin-dependent diabetes. The National Diabetes Outreach Program features a toll-free number, 1-800-GET-LEVEL (1-800-438-5383), with recorded information on how good blood sugar control can help prevent diabetes complications. Callers can request a free information kit that includes a booklet on controlling insulin-dependent diabetes, a "Questions to Ask Your Doctor" card, and fact sheets on diabetes.

The program's message is based on the recently concluded Diabetes Control and Complications Trial, a 10-year clinical study that found people with diabetes who maintained near-normal blood sugar levels had significantly less eye, kidney and nerve disease. Participants tested their blood sugar up to seven times a day took three or four insulin injections a day and followed a diet and exercise plan.

Such intensive treatment is not recommended for children under 13, older adults and people with heart disease or advanced complications. A doctor can tell a person if it's right for them.

To receive a free information kit, call 1-800-GET-LEVEL (1-800-438-5383).

Is heartburn keeping you awake at night?

From time to time, everyone has trouble sleeping. Some people have more trouble than others; according to experts, millions of Americans have a persistent sleep problem.

The causes of poor sleep are as varied as people themselves, ranging from noise to head colds to emotional difficulties.

However, one factor is perhaps not as well-known as the late night cup of coffee or worrying about a loved one – nocturnal heartburn due to gastroesophageal reflux.

Heartburn at night happens to approximately 75 million Americans when their stomach's contents and acid backwash into the esophagus, the food tube that connects the mouth to the stomach.

The body normally has a physiological self-protection mechanism against reflux. The lower esophageal sphincter is a ring of muscle that acts as a door between the esophagus and the stomach. The sphincter allows food to pass down into the stomach and guards against stomach contents washing up into the esophagus.

Sometimes food is delayed from being emptied from the stomach, causing backward pressure on the sphincter. And if the sphincter works improperly and/or the wave-like contractions that push food down through the esophagus and the stom-

ach are insufficient, reflux happens.

The resulting backwash causes pain and subsequent awakening in some people, says William Orr, Ph.D., a researcher in gastrointestinal and sleep disorders at the Baptist Medical Center in Oklahoma City. Others won't remember these awakenings but, in the morning, are aware of reflux symptoms such as – hoarseness, sore throat, coughing and sour taste in the mouth.

Finding Relief

To find relief from nocturnal heartburn, first try these important lifestyle changes.

- Avoid big meals, particularly late at night.

- Avoid foods that relax the lower esophageal sphincter, delay stomach emptying, or can irritate the esophagus lining, such as fried, fatty and spicy foods, onions, tomato products, citrus fruits and juices, chocolate, and coffee.

- Avoid lying down immediately after eating; sleep with the head of your bed elevated.

- Decrease or stop smoking; try to lose some weight.

If you suffer from nighttime heartburn, don't lose sleep. Learn about the causes, recognize symptoms, modify your lifestyle and, if necessary, see a physician who may be able to provide an appropriate course of treatment.

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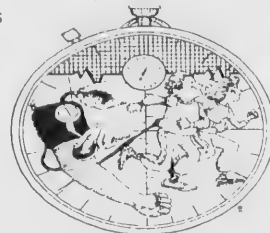
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Bay State Eye: 'Better buys for your eyes'

Dr. Dee C. Kahan at Bay State Eye Associates at 209A North Main St., Shawsheen Plaza, founded and owns Bay State Eye.

"We're a family-owned and run business; all the offices are owned by optometrists. We care about our patients' eye health and the way they look. My name is on the door, so it is very important to me that we provide the highest quality at the best prices," said Dr. Kahan.

The group of independently-owned offices began in 1979 as a response to the large, impersonal optical chains. Bay State Eye's motto is "Better buys for your eyes."

The group provides high-quality, personalized service at much lower prices than optical chain stores.

Bay State Eye provides a full range of ophthalmic services such as complete eye exams, glaucoma testing and retinal photography.

It is important for patients to know that various systemic diseases and medications may cause serious ocular damage if gone undetected. That is why regular eye exams are so important.

Contact lens services include all the new types of lenses such as colored, disposables, Wesley-Jessen colored disposables, special lenses for astigmatism and bifocal contacts. Many people who were told they



Pictured are, from left, Dr. Dee Kahan, Linda Lister, Nick Mancieri and Elisabeth Jorge, all of Bay State Eye. Not pictured is Ann Maucieri.

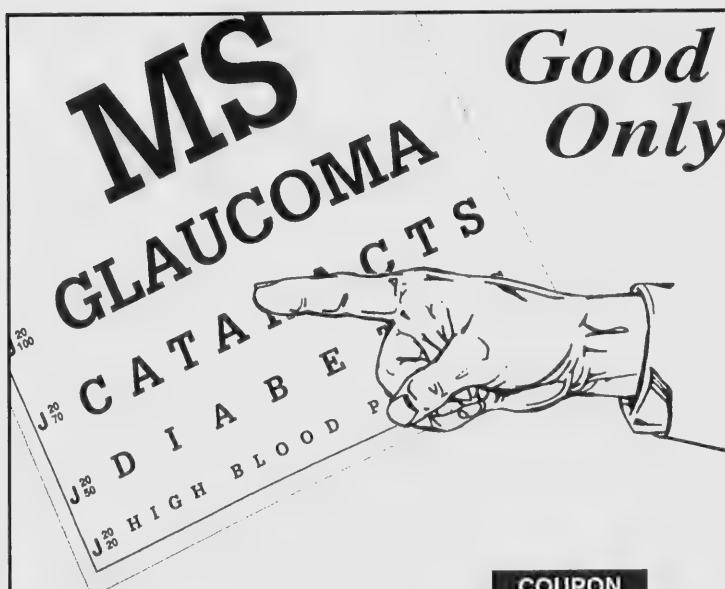
couldn't wear contact lenses are now able to because of all the new products available. Bay State Eye suggests that you come in for a free in-

office trial.

"Bay State Eye has a huge selection of designer as well as moderately priced eyewear. "We want you to look

and feel great," said Nick Maucieri, office manager.

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When's the last time you had an eye exam? Of course your eye doctor will make sure you see clearly. An eye exam is only the beginning. Detecting the early onset of diseases such as Multiple Sclerosis, diabetes and high blood pressure is also covered in an eye exam.

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Women's Issues

Women's health: Finding answers to more of the questions

Most people know that women live longer than men. And now we know that those additional years can be healthier, according to Susan Calvert Finn, PhD, RD (registered dietitian), co-chair of The American Dietetic Association's (ADA) Nutrition & Health Campaign for Women.

"By eating more healthfully women can lower their risk associated with eight of the ten leading causes of death in this country," said Dr. Finn.

"That's why the campaign refers women to the Food Guide Pyramid." The Pyramid recommends a diet that emphasizes whole grains like cereal, rice, bread and pasta, and includes plenty of fresh fruits and vegetables and smaller portions of lean meat,

fish, chicken and/or turkey. In addition, the Pyramid recommends two to three servings daily of dairy products (see page 10).

Women can further reduce the risk of serious disease by achieving a healthy weight, according to Shiriki Kumanyika, PhD. "Obesity is a serious problem for American women in general and African-American women - 45 percent of whom are overweight - in particular. Obesity increases a woman's risk for heart disease, stroke, diabetes, atherosclerosis, and some types of cancer," she said. Researchers have found that losing just 10 percent of total body weight can provide significant health benefits.

Many diseases that don't occur until later in life have roots in adolescence,

according to Elizabeth DeBold, a researcher for the Harvard Project on Women's Psychology and Girls' Development. "While adolescent girls are healthy, for the most part, adolescence holds the keys to good mental and physical health in the future. For example, a healthy diet and adequate calcium intake during adolescence may be more critical to preventing osteoporosis than other factors. Just one more glass of milk per day during those critical years may make a difference."

Learning what causes - and at the same time, how to prevent - breast cancer is important in current research. Susan Troyan, MD, breast surgeon and director of research, Faulkner Breast Centre in

Boston, said "future studies must focus on helping us understand the causes of breast cancer, while we continue to promote early detection."

"Thanks to a government mandate, women finally are included in health studies," said Dr. Finn.

"As more studies are completed with significant female representation, the gaps in our knowledge about women's health will begin to be filled, helping us identify even more effective prevention strategies."

Thanks to a government mandate, women finally are included in health studies.

Folic acid reduces pregnancy risks

Recent studies have shown that by consuming appropriate amounts of a specific vitamin, women can dramatically reduce some risks associated with pregnancy. Test your knowledge of this simple vitamin.

What is folic acid and why is it important?

Folic acid, a B vitamin, has been found to significantly reduce the rate of neural tube defects, a disorder in which the tissues fail to close the tube

containing the spinal cord, which is continuous with the brain. Common neural tube defects include spina bifida, in which part of the spinal cord remains outside the body at birth, and anencephaly, in which the baby is born without a brain.

Do I need to take folic acid if I'm not pregnant?

Yes. The Public Health Service recommends that all women capable of becoming pregnant should consume

0.4 milligrams of folic acid every day. Neural tube defects occur in the first few weeks after conception, as the fetus is forming, generally before a woman even knows she's pregnant.

How can I make sure I get enough folic acid?

Most daily multivitamin tablets contain the recommended amount of 0.4 milligrams of folic acid, so taking a multivitamin supplement every day should provide a woman with the cor-

rect amount of folic acid. This B vitamin is also found naturally in foods in a form called folate. Good sources of folate are fresh green vegetables, some fresh fruits and liver.

How can I learn more?

Get a free copy of "A Simple Vitamin Can Help Avoid A Serious Problem." Send a self-addressed, stamped envelope to Shriners Hospitals for Crippled Children, P.O. Box 25855, Tampa, Fla. 33622.

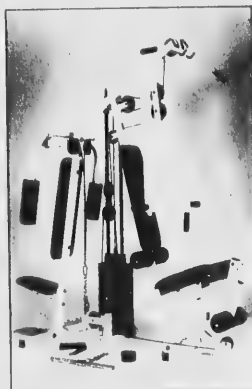
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A woman's body begins changing when she reaches her forties, and continues to change throughout her fifties, sixties, and seventies. Many women wonder if the changes they are experiencing are normal, if they should be concerned, and if any changes can be helped through medication.

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Women's Issues

Moms-to-be advised to avoid alcohol

A baby's birth is a festive occasion, but one way to make sure your baby arrives healthy is to not drink alcohol during your pregnancy.

Healthy Start, a federal initiative to reduce infant deaths and birth defects, says alcohol can harm an unborn baby, so women should stop drinking right before, during and immediately after their pregnancies, while breastfeeding their babies.

That means no beer, liquor, wine, wine coolers or mixed drinks.

The first few weeks are a crucial time for fetal growth, so it's vital not to drink then. And because you may not know you're pregnant during those first weeks, Healthy Start recommends that you stop drinking even if you are just "trying to" or "thinking about" having a baby.

Babies born to women who drink alcohol may suffer fetal alcohol syndrome (FAS). FAS babies may die early or be born mentally retarded or with birth defects.

Studies have found that even two drinks per day can significantly lower a baby's IQ. At parties, switch to soda or fruit juice. Try mixing juices or combining juice with club soda or sparkling water and a lime.

Studies have found that even two drinks per day can significantly lower a baby's IQ.

Smoking moms cast cloud on newborns

Smoking is bad for you – but it can even be worse for your unborn baby. Smoking by pregnant women can significantly reduce the weight of their babies at delivery. More than 11 percent of the babies born to mothers who smoke weigh less than 5 1/2 pounds, according to the National Center for Health Statistics. Low birthweight is among the leading causes of infant death.

Cigarette smoking during pregnancy is also linked to premature births, stunted mental and physical growth, and increased risk of sudden infant death syndrome (SIDS), also known as "crib death." Babies who are around smokers suffer more colds, ear infections and flu.

Studies estimate that U.S. infant deaths can be reduced ten percent if pregnant women did not smoke. It's tough to quit smoking, but quitting now can make your baby more active in the womb, improve your overall health and even save you some money.

More than 11 percent of the babies born to mothers who smoke weigh less than 5 1/2 pounds.

Remedies for morning sickness

"Morning sickness," characterized by an upset stomach and mild vomiting when you wake up, often occurs in the first three months of pregnancy. It can be caused by certain hormones that are produced by a woman's body when she is pregnant, or by a lack of Vitamin B6 or glycogen, the natural sugar stored in your liver.

Feeling sick or throwing up is particularly unpleasant on an empty stomach. In most cases, morning sickness eventually goes away, but Healthy Start offers tips that could ease it:

- Before going to sleep, try a protein-rich snack, such as lean meat or cheese. Protein takes longer to digest.
- Put crackers beside your bed and nibble on them before you get up in the morning.
- Eat small but frequent meals throughout the day. Relax and eat slowly.
- Drink fruit juice right after breakfast.
- Take extra Vitamin B6.

Prolonged or repeated vomiting needs to be checked by your health care provider.

For free information on having a safe pregnancy and healthy baby, write: Healthy Start, P.O. Box 826, Merrifield, VA 22116.

Before going to sleep, try a protein-rich snack, such as lean meat or cheese. Protein takes longer to digest.

LOCAL PHYSICIAN FORMS ALLIANCE WITH DANVERS HEALTH CARE FACILITY

North Andover Doctor pleased to be "in the Hunt"

Danvers, MA North Andover Physician Dr. John Ragucci and the Hunt Center in Danvers have teamed up to provide the North Andover area residents with first rate medical care in their own backyard. Dr. Ragucci is a Board Certified Family Practice Physician who has recently joined the new North Andover office of Willowdale Medical Center located at 555 Chestnut Green. As part of Willowdale's affiliation with Beverly Hospital, Dr. Ragucci will be referring patients who require specialty care to the Hunt Center located in nearby Danvers, MA.

Since joining Willowdale in the fall of 1994 Dr. Ragucci has referred dozens of patients to the Hunt for everything

from X-rays, to physical therapy services, to specialized eye care. "My patients who have been to the Hunt really like it. It's a quick drive from North Andover and they get all of the specialty care and advanced technology of an in-town hospital in a close, friendly environment."

The Hunt Center For Emergency and Ambulatory Care, (formerly Hunt Memorial Hospital) was purchased by Beverly Hospital in 1990 and converted from a full service hospital to a thriving out-patient facility and emergency center. The management of Beverly Hospital recognized that acute care hospitals will eventually care for only the most seriously ill patients and that the majority of health care needs

can be met by an ambulatory and transitional care facility. Based on this premise, the Hunt was designed around the existing facilities (which include twenty-four hour Emergency Service, X-ray department, and a Laboratory) to serve the out-patient needs of the North Shore. Those needs include serving physicians like Dr. Ragucci.

Born and raised in nearby Medford, MA, Dr. Ragucci graduated from Medford High School before going on to Boston College and Northeastern University. He graduated from Tufts University School of Medicine in 1991 and completed his residency at Brown University/Memorial Hospital in Pawtucket, Rhode Island.

A soft spoken man, Dr. Ragucci understands the value of staying close to home – that's why he is so glad to be associated with the Hunt. His patients don't want to travel far and wide to receive the care that they need. For example, suppose a mother came in with her son who had twisted his ankle playing hockey the night before.

"If a patient were to come to the office for minor lacerations and bruises, we would have no problems. But if it were more serious, we would send them over to the Hunt for X-rays to be sure."

Suppose the examination indicates a serious injury? "That's when it's nice to have the Hunt so accessible...If there is a serious injury, they could set up an appointment to meet with an

orthopedist at the Hunt and then schedule to perform surgery on-site in their surgical suites."

This scenario would not be that unusual according to Sheldon Aronson, Vice President for Corporate Operations who recently gave Dr. Ragucci an in-depth tour of the facilities. "We see an average of 600 to 800 pediatric patients a year at our Surgical Day Care Suites."

After Surgery, a patient can take advantage of one of the three rehabilitation services located on the premises.

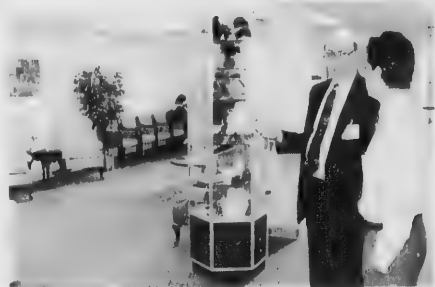
"It's a quick drive from North Andover... and they get all the care and services of an in-town hospital"

es. In this case it would be New England Rehabilitation, with its warm water therapeutic pool, fully equipped exercise room and children's therapy room – the ideal location to rehabilitate after a sports injury.

The other rehabilitation facilities at the Hunt include North Shore Rehab, a sub-acute facility established to provide rehabilitative care to adults who no longer need to be in a hospital, but are not ready to return to their homes.

The third rehab service, the Cardiopulmonary Rehabilitation Center, offers a fully monitored exercise program as a way of fortifying the heart and lungs against future complications.

"After a heart attack, or a coronary illness, it's reassuring to have the



The waiting area of the surgical day care suites

cardiac rehab gym, the team of specially trained cardiac rehab nurses and exercise physiologists and the resources of the Hunt in place."

All of these services are at the disposal of Dr. Ragucci and the entire staff of Willowdale Medical, and more importantly, they are within easy reach of his patients.

"From my office it is just a straight shot down route 114 to route 62. It only took me fifteen minutes to

get here today. Compare that to driving through the city and it is probably quicker."

With all the changes in health care it is comforting to know that you can still get top notch medical treatment just minutes away. Dr. Ragucci is currently accepting new patients. For more information, or to schedule an appointment to see him, please call (508) 685-9985.



The Hunt Center, Danvers, MA



Dr. Ragucci and Sheldon Aronson speak with Brenda Cilangelo, R.N. in the Cardiac Rehab Center

Advertisement

Yearly Pap tests save lives

It might be inconvenient, but remembering to have an annual Pap smear can save your life.

That's what pathologists, doctors who are specialists in laboratory medicine, say. Medical science has no screening process that is more effective for detecting cancer or precancerous conditions than the Pap test. Since its introduction after World War II, it has reduced deaths from cervical cancer by more than 70 percent.

What's more, studies indicate that 80 to 85 percent of those women who do die from cervical cancer have not had the screening test in five years or more.

A Pap test is painless. A physician takes a scraping of cells from the outer portion of the cervix and lower uterus where precancerous cells usually begin to develop. The cells are sent to a lab where they are stained and examined under a microscope for any abnormalities.

As effective as the Pap test is, it's not perfect. Occasionally the test will not show any abnormalities, even though some may be developing. But if you have an annual Pap test, this should not be cause for alarm.

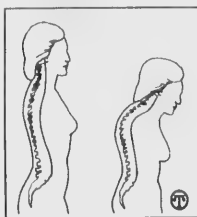
While most precancerous conditions of the cervix are detected, those that are missed are usually spotted at

the next annual exam before they can develop into cancer.

Here are some tips to help you protect yourself: Have a Pap test every year; know and trust your doctor; ask if he or she has a good working relationship with the pathologist who will review the test; make sure the laboratory processing your Pap smear is accredited; be sure to let your doctor know if you have any symptoms or concerns. To find out if the lab that processes your Pap smear is accredited, or for more information about wellness and prevention, call the College of American Pathologists at 1-800-LAB-5678.

Boning up on osteoporosis

Osteoporosis, a "silent" thinning of the bones, affects 20 million Americans, most of them women. The strength of an older woman's bones is the result of the amount of calcium she has put into her "bone bank" over the years, less the withdrawals due to menopause or inactivity.



Although osteoporosis is often considered an older person's disease, it can strike at any age.

Pathologists, doctors who are experts in laboratory medicine, want

women to know the facts about osteoporosis. Some of them may surprise you.

- Osteoporosis has no outward symptoms. You can't feel or see your bones thinning.
- By age 65, osteoporosis affects an astounding 75 percent of women.
- One-third of men over age 75 have osteoporosis.
- Half of all women over 50 will experience an osteoporosis-related fracture.
- Women of color develop osteoporosis much later in life than women of European ancestry.

Women are at a greater risk for developing osteoporosis if they have a slim build, their periods have stopped due to an eating disorder or excessive exercise or they have a relative who

has had osteoporosis.

Pathologists stress that there are things you can do at any age to help prevent or minimize the effects of osteoporosis:

- Eat foods rich in calcium or take a calcium supplement with meals.
- Do regular weight-bearing exercises.
- Limit alcohol intake.
- Don't smoke.
- Ask your doctor about hormone replacement therapy if you have had an early or surgically induced menopause.

Free information

For more information about osteoporosis and other issues of wellness and prevention for women, call the College of American Pathologists at 1-800-LAB-5678.

Signs of cardiovascular disease are different in women

Anne Smith was 50 years old when she experienced her heart attack – only she didn't learn it was a heart attack right away.

"I just hadn't been feeling well. Even with just a little effort, I'd suddenly be out of breath. Sometimes I felt so nauseous, I couldn't eat. I went to the emergency room and they thought it was my stomach. I insisted on a second opinion and that's when a cardiologist told me I was indeed having a heart attack."

Ms. Smith may not have been diagnosed as having a heart attack right away because the signs of cardiovascular disease are often different in women than in men. While men usually experience sharp pains in the chest, women experience vague chest pressure, usually in the epigastric area (below the sternum). Their pain tends to come and go and is often accompanied by nausea. Women with heart disease also tend to experience severe shortness of breath when mildly exerted.

According to medical experts from the advisory board of "The Difference

in a Woman's Heart" campaign, which is a national effort sponsored by DuPont Radiopharmaceuticals to educate physicians and women about female heart disease, women may not recognize their risk factors – age, hormone status, family history of heart disease, smoking, obesity, cholesterol levels and physical inactivity – and need to take a more active role in discussing them with their doctor.

Cardiovascular disease, well known as the leading killer of men, is actually the number one killer of women as well, claiming the lives of nearly 500,000 every year, reports the American Heart Association. According to a recent Gallup poll, many women believe that breast cancer is their most serious health threat, but in fact, about twice as many women die from heart disease than from breast, lung, ovarian and uterine cancers combined.

Research has proven that women with coronary artery disease, which causes heart attacks, are less likely to be properly diagnosed than men and are also less likely to be treated

aggressively. A study conducted by D. Douglas Miller M.D. and his colleagues at St. Louis University Medical School shows that women with suspected coronary artery disease undergo fewer additional diagnostic studies than men after an initial non-invasive stress test that shows abnormalities.

According to Dr. Miller, there are simple, painless, non-invasive tests available to detect heart disease that may be better suited to a woman's anatomy and physiology. One of these is cardiac imaging which shows 3-D images of blood flow and the pumping action of the heart. "By using a newer imaging agent," Dr. Miller explains, "we are able to overcome the problem of shadows caused by breast tissue which can interfere with images of the heart. The clearer picture resulting from this method of testing may give more accurate results than previously available from routine treadmill and echocardiogram tests."

For a free brochure about "The Difference in a Woman's Heart", call 1-800-866-0400.

Change of habits can help prevent yeast infections

The symptoms of vaginal yeast infection – burning, itching, a white discharge – are all too familiar to millions of women. Nearly 75 percent of all women will have a yeast infection at least once in their lifetimes and about 10 percent of sufferers will get five or more a year.

Technically known as candida albicans, yeast is a fungus that normally inhabits the vagina. Ordinarily, it is kept in check by bacteria and causes trouble only if it is allowed to overgrow. Often, the underlying cause is unknown, but anything that alters the body's natural chemistry increases the chances of triggering an infection. Once diagnosed by a physician, yeast infections are easily treatable with over-the-counter medications and the condition is seldom serious, but by adopting certain habits, it may be possible to avoid this uncomfortable affliction altogether.

Because the fungi flourish in dark, moist environments, constrictive, synthetic garments can create an ideal habitat for yeast to multiply. "Yeast likes to live in warm, sweaty places," says Dr. Ramona Slupik, assistant professor of obstetrics and gynecology at Northwestern University Medical School in Chicago.

Dr. Slupik recommends women wear loose-fitting cotton clothing and 100 percent cotton underpants to permit air to circulate below the waist.

"Man-made fabrics don't provide adequate ventilation," explains Hal Brockmann Sr., vice president and managing director of research for Cotton Incorporated. "Due to its unique fiber structure, cotton breathes and helps remove body moisture by absorbing it and keeping it away from the skin."

In addition, Dr. Slupik advises that if you swim, don't sit for hours in a wet bathing suit. Shower and change immediately afterward. She also discourages the frequent use of douches or feminine hygiene sprays as these products tend to upset the body's pH level, destroying the "good" organisms that ward off infections.

For women prone to frequent bouts of yeast infections, a change of diet also may be of help. Some studies show that by eating yogurt daily (specifically varieties that contain active cultures) you can significantly reduce the number of yeast infections.

Is a healthy lifestyle too much trouble? Some women think so

A healthy lifestyle includes eating fruits and vegetables, exercising and taking vitamins, said women in a national survey recently conducted for Avon Products, Inc. by Opinion Research Corporation. Yet, 37 percent admitted that they did not practice these and other healthy habits because it was "too much trouble." Interestingly, even among the health-conscious, who did exercise and eat a prudent diet, one out of four agreed that living healthfully was a lot of bother.

"We all know what good health habits are, but 'inertia' and 'paralysis' prevent many of us from practicing them," says psychotherapist Tessa Albert Warschaw, Ph.D., an expert in motivational behavior. "It takes time and effort to prepare meals that meet a growing list of nutritional requirements, to exercise regularly and to remember to take vitamins daily. Having an all-or-nothing attitude towards a healthy lifestyle leads to inertia - you can't

Interestingly, even among the health-conscious, who did exercise and eat a prudent diet, one out of four agreed that living healthfully was a lot of bother.

do everything, so you end up doing nothing," she noted.

Ms. Warschaw also believes that many people become paralyzed by information overload, particularly when they are confronted by contradictory health and nutrition information. "First we hear that drinking two glasses of red wine every day may be good for the heart, but then

new studies say alcohol could increase the risk of cancer. So what should a person do? Too many of us just do nothing."

For these reasons, people have a tendency to adopt only those health habits that are easy and convenient, says Ms. Warschaw.

"For instance, the Avon survey found that half the women took vitamins and half didn't, which means that it is as easy to take them as it is not to."

To tip the balance in favor of taking vitamins, Avon recently introduced Avon Life, a unique line of multivitamin and mineral supplements for the whole family. "This product line takes the guesswork out of choosing the right supplement, and, for convenience, is delivered directly to the consumer," says Ms. Warschaw.

To order Avon Life, contact your local Avon representative or call 1-800-756-3650.

Moms need a break

According to IOF Foresters family stress expert, Dr. Richard Earle, high levels of stress can cause both health problems and family disruption for the mom with too much to do.

Don't wait for a special occasion to take a break. As a year-round gift to your kids, make your own health and well-being a priority. Being a mother has always been a full-time occupation, especially when a woman works outside the home. Every mom needs to take good care of herself if she's going to take the best care of her family.

Another key to better coping is letting off steam on a regular basis. Unavoidable frustrations can create pressure that mounts and explodes. It's much healthier to find daily ways to release pressure a little at a time.

Some tips:

- Recognize how you feel.
- Evade upsetting issues or events, when possible.
- Look ahead and plan ways to manage your stress.
- Adjust daily with healthy stress-relievers such as reading, walking or chatting with a friend.
- Exhale slowly. Deep breathing is a simple and effective way to cope with a moment of stress.



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Fighting breast cancer with Tell-A-Friend

Breast cancer is the leading cause of death among Massachusetts women, according to the Department of Public Health. In 1992, 1,300 women in Massachusetts died from breast cancer. On average, 4,600 new cases are diagnosed each year in the Bay State and more than 184,000 are found nationwide.

When breast cancer is detected in its early stages, however, the chances for survival increase. Therefore, in order to increase survival rates through early detection, American

Cancer Society volunteers are bringing the Tell-A-Friend program to the Merrimack Valley. Through Tell-A-Friend, women commit to ensuring that five friends, acquaintances or family members receive mammograms.

"The goal of Tell-A-Friend is to find breast cancer in the early stages," said Jeannie Judge, cancer control director for the Greater Lawrence Unit of the American Cancer Society. "The problem that we face is that only one third of women 40 and older have

mammograms as often as they should. Tell-A-Friend volunteers teach the importance of mammography and following up on the tests. They also teach other women about the risk factors: family history of breast cancer; late age at first childbirth; and late age at the onset of menopause. They respond to questions, alleviate fears and dispel myths."

Women should conduct monthly breast self-examinations starting by age 20. Clinical breast examination

should be done annually by a health-care professional. A woman should have her first mammogram by age 40. Women age 40 to 49 should have a mammogram every one to two years, depending on personal and family risk factors. Women 50 and older should have a mammogram every year.

If you would like to learn more about the Tell-A-Friend program, call the American Cancer Society office at (508) 454-0900.

New brochure provides answers on menopause

You've heard all the horror stories about menopause: the hot flashes, the night sweats, the depressed mood. You'll gain weight, you're told. And your sexual desire will all but disappear. No wonder women dread the approach of middle age.

But the truth is that menopause symptoms differ from woman to woman. So while hormone replacement therapy may help your friends, it may not be appropriate for you.

And while replacing estrogen and progesterone may work for most women, others may benefit from including an androgen, another type of hormone also produced by women's bodies.

The new thinking about menopause is that women need to learn about their changing bodies so

they can become active participants in their own health care.

Toward understanding

All the symptoms of menopause and treatment — from hormone replacement therapy to such lifestyle changes as smoking cessation and eating a healthier diet — are discussed in a new brochure, "Understanding Menopause, the Change of Life."

The six-page brochure, produced as an educational service by Solvay Pharmaceuticals, Inc., addresses the following topics:

- **Estrogen:** The primary female sex hormone, estrogen helps protect women against cardiovascular disease and osteoporosis. During menopause, estrogen also helps relieve some of

the symptoms many women experience such as hot flashes and vaginal dryness. By the time women reach menopause, they will only be producing one third the amount of estrogen that they produced during their child-bearing years.

- **Androgen:** Natural to the female body, androgen is vital to healthy reproductive functioning. In addition to a decrease in estrogen levels, many women will experience a 50 percent reduction in their androgen levels during menopause.

- **Estrogen and uterine cancer:** For women who have not had hysterectomies, doctors usually prescribe a progesterone in combination with estrogen. The progesterone prevents overgrowth of the lining of the uterus and

reduces the risk of cancer.

- **Diet:** A low-fat diet that is high in calcium will protect against osteoporosis and heart disease and help you control your weight.

- **Exercise:** Weight-bearing exercises build bone mass and help prevent osteoporosis. And exercise helps you control your weight, strengthen your cardiovascular system and boost your sense of well-being.

For more information and a free copy of "Understanding Menopause, the Change of Life," send a self-addressed, stamped envelope to Department M, P.O. Box 4814, New York, N.Y. 10185. The brochure is available in English and Spanish versions.

Are estrogen pills necessary, or are there alternatives?

Must you go on taking synthetic hormone pills for the rest of your life — or are there clear reasons for you to quit, and still stay comfortable and healthy?

Not long ago it was common wisdom — hugely promoted by drug companies — that hormone replacement therapy reliably and safely relieved the symptoms of PMS, menopause and osteoporosis.

However, reports of harmful side effects of estrogen replacement have multiplied worldwide, while safer, more natural methods have become available.

The time has come, says researcher Betty Kamen, Ph.D., for women to stop being victimized by physicians

who push synthetic hormones when other effective and less-dangerous methods are successfully in use.

Here is a sample of frequently-asked questions answered in Dr. Kamen's book, "Hormone Replacement Therapy, Yes or No?," which has received praise in professional nursing journals and from physicians around the country.

Does estrogen treatment prevent osteoporosis?

In later years, there is little difference in bone density between those who have and have not taken estrogen. Synthetic estrogen's effect wanes as women age, becoming increasingly irrelevant as women get closer to the

age at which risks of fracture are highest.

The only effect of estrogen on bone is a temporary slow-down of density loss.

What are the risks of estrogen replacement therapy?

It's a factor in the rise in breast cancer rates, and in endometrial cancers. The National Institutes of Health Consensus Development Conference concluded that ERT "places women at high risk" for endometrial cancer. Another side effect is weight gain and bloating.

Do dairy products, sodas, coffee and junk food affect bone loss?

Yes. Milk consumption may cause

more calcium loss than gain. Homogenized milk makes things worse. Eating meat causes serious calcium loss.

Are there non-toxic alternatives to synthetic hormone replacement therapy?

Yes. Such programs have been in use for 15 years. They are successful, inexpensive and free of side effects, as described and validated in Dr. Kamen's book.

Dr. Kamen's book is available by calling 1-800-264-2360, or through e-mail at gwrust@crl.com; Compuserve, 74013,1210.

"Just remember," Dr. Kamen says, you don't have to suffer with PMS or menopausal symptoms. There are safe ways to adjust your metabolism."

A healthy outlook for today's women

Today's active women realize they still need to take time for themselves.

For many, that means paying closer attention to their health, including vaginal health, in a whole new way — as overall body maintenance.

Maintaining vaginal health is important because excessively dry vaginal tissue is more prone to injury and infection. Furthermore, studies indicate an elevated pH level — which

refers to how acidic something is — can also increase susceptibility to vaginal infection. A healthy vagina must be acidic because an acidic environment does not promote bacterial growth.

Another important reason to maintain proper vaginal health is to minimize your risk of vaginal dryness, which affects over 50 percent of all women at some point in their lives. Signs of vaginal dryness include itch-

ing, burning, irritation and discomfort when wearing tight-fitting clothing.

Vaginal dryness is caused most frequently by fluctuations in a woman's estrogen level. Estrogen keeps vaginal skin cells healthy and lubricated.

When estrogen is lacking, the vaginal lining becomes thinner and less elastic, causing it to become inflamed.

Fluctuating estrogen levels can

occur at many times during a life cycle:

- Menopause
- Menstruation
- Childbirth/Breastfeeding
- When taking certain medications
- Hysterectomy
- Stress/Strenuous exercise
- Excessive douching

An effective way to relieve the discomfort of vaginal dryness is to use a vaginal moisturizer.

A focus on wellness: PMA promotes PHIP program

"For many of the medical problems facing our society today, specific drug and surgical interventions alone are often not effective. Approximately 60 to 90 percent of visits to physicians are prompted by conditions related to stress," said Dr. Herbert Benson, Department of Behavioral Medicine, N.E. Deaconess Hospital, Boston.

As a result of these statistics, many believe that health care organizations need to examine their concept of "health" and how it is achieved, maintained and restored. Many patients also feel that the traditional medical model lacks the understanding to address the root causes of their pain and suffering.

Pentucket Medical Associates (PMA) is a part of a growing number of health care groups who are examining this issue of health and wellness. And as a result has turned to

wellness programs to keep patients and employees healthy and cut health-care costs.

The wellness concept has long been supported by research as an effective means of connecting the mind and body experience. Frequently occurring symptoms such as fatigue, anxiety, depression, insomnia, back pain and headaches are messages from our body that something in our life is out of balance.

PMA offers a six-week program, The Personal Health Improvement Program (PHIP) to all its patients and employees, regardless of insurance. The PHIP Program is designed to teach the participant "skills" for effective living through a series of learning experiences designed to improve mood and health.

The PHIP Program promises to:

- Help you observe your destruc-

tive reactions to situations and events

- Help you use these observations to act differently
- Develop your self awareness
- Provide you with the potential to decrease your suffering by letting go of pain-troubling life events

The PHIP Program staff includes: Deb Jansen MSN, PMA-mental health coordinator; Sue Collett, M.Div., psychotherapist with Harris Street Associates; and Chris Rodgers, program coordinator - PMA. (Program tel # 521-3217)

Dr. Suetta Tenney, who is an Internist with PMA in North Andover, has been an avid supporter of self-improvement programs such as PHIP. She believes that mind/body programs teach individuals the skills

necessary to listen to their bodies.

"Through increased awareness, you become more involved with your health because you can observe and describe symptoms better," Dr. Tenney said.

"Many of us are balancing too many things and are chronically over-extended," she continued. "This often results in inadequate nutrition, loss of making time for play, and chronic symptoms such as fatigue, headaches, etc."

Wellness, Dr. Tenney believes, is a commitment the patient makes in his/her life to take good care of of themselves. The role of the health care provider is to assist the patient, but each individual must do the work.

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Medicine

Waiting at the pharmacy is time well spent

When a person isn't feeling well or his or her child is sick, the 15 minutes a person spends waiting at the pharmacy counter for medication can seem like an eternity. The pharmacist is busy — one can see him or her counseling other patients and dispensing medicine. Then the pharmacist stops to make a phone call and people wonder why he or she is on the phone when they're in such a hurry to get home.

But wait. That phone call may save a person's life.

An independent pharmacist performs a number of professional services on your behalf of which you may not be aware, according to NARD, the national association representing independent retail pharmacy. Each

time a prescription is brought to a pharmacist, he or she completes a six-step process.

First, the pharmacist will double-check the prescription a physician has written. The pharmacist will make sure that the prescription is the correct drug to treat a person's condition, that the dose, strength and quantity are adequate, and that the form of the medication (for example, liquid or pill) is the best form for that person.

Then, the pharmacist reviews the person's medical history and looks for allergies and interactions in your computer file. If one is cared for by more than one physician or is taking more than one medication, the pharmacist will check for a possible overlap in treatment.

If the pharmacist decides there is a

potential problem, he or she will take whatever action is necessary to resolve that problem. For example, if a person's doctor prescribes penicillin and the person is allergic to it, the pharmacist will call the physician to discuss using another antibiotic.

The next step the pharmacist takes is to dispense your medication. If a person has arthritis, the pharmacist will use an easy-to-open container, or if there are young children in the house, a childproof one. The pharmacist will also attach information about your prescription (the name of the drug, the dose, the expiration date) to the vial. There may be brightly colored stickers to remind you of important facts about your medicine — that it causes drowsiness or should be taken on a full stomach, for example.

The fifth step is essential in making sure you understand why and how one is to take the medication that has been prescribed. During the counseling session, a pharmacist will give verbal, and often written, instructions on taking medication. It may be important to take your medication at mealtime or with a glass of water. This is also a good opportunity to ask the pharmacist questions about medication.

Finally, if one is refilling a prescription, the pharmacist will monitor the customer's progress by asking about side effects. It is important to continue taking all medication until a physician determines that it is appropriate to stop treatment or begin another medication.

Childproofing the medicine cabinet

Every year hundreds of children become ill or die from accidental medication poisoning. If there are children living in or visiting your home, talk to your family pharmacist about childproofing your medicine cabinet.

Out of reach

NARD, the national association

representing independent retail pharmacy, offers these tips for making your medicine chest safer.

- Make it hard for children to get into trouble. Ask your pharmacist to dispense all of your medications in vials with childproof caps. To protect toddlers and young children, attach

safety locks to any cabinets that contain medications or other toxic substances such as mouthwash and nail polish remover.

- Ask visiting grandparents and relatives to keep their medications hidden or out of reach. Children are curious by nature, and some medica-

tions are brightly colored or have sugar-coating that make them particularly appealing.

- Discuss the potential dangers of medication with older children. Explain to teenagers that although someone else may be suffering from

Continued on page 31

Alternatives

Garlic: Follow the scent to good health

What's the best way to cure a cold? Some people say garlic.

What's the best way to sour a romance? Garlic breath.

Realizing they'd caught the scent of a worthwhile dilemma, staffers at Rembrandt Oral Care Products did some research on garlic and health. They discovered that what the Chinese have believed for more than 4,000 years just may be true: Garlic can have preventative and therapeutic benefits on many fronts.

From fighting the common cold and infections to lowering cholesterol and blood pressure, garlic reportedly can work wonders.

But what about the resulting drag-on breath? Many mouthwashes on the market today make it less of a problem to have your garlic and eat it too.

But beware of products that contain alcohol. Some experts believe they may weaken and discolor tooth-filling materials and cause other health problems. Instead, try an alcohol-free mouthwash.

Here, from the researchers at Rembrandt, is some information to satisfy your budding curiosity about garlic.

- Garlic is one of the world's most ancient remedies for the common cold.

- Garlic components have the ability to lessen the stickiness of blood platelets and promote anti-clotting activity. Garlic is much more potent than aspirin in this respect.

- Garlic compounds with antioxidant properties help lower cholesterol levels in the blood. That reduces the risk of heart attack.

- Garlic helps lower the levels of the potentially harmful blood fats known as triglycerides.

- Garlic helps reduce the risk of colon and stomach cancer.

- Compounds in garlic help block the formation of potent nitrosamine

and other gene-damaging carcinogens.

- One garlic compound, diallyl disulfide, is effective in inhibiting tumor growth.

- Garlic may help prevent metastasis, the spread of cancer from its original site to other parts of the body.

- Aged garlic antioxidant properties may slow the deterioration of the brain.

For money-saving coupons and information on garlic breath-fighting remedies and other oral care products, call 1-800-548-3663.

Chlorella may improve immune system

Scientists say they may have found a simple way to improve your body's ability to protect itself from disease.

A green plant called chlorella, used routinely as a dietary supplement can, researchers believe, improve the human immune system.

One way your immune system combats bacteria, viruses, chemicals and other invaders is with macrophage production.

Special substances in chlorella encourage macrophages to remove toxins from the blood. Chlorella's

unique cell wall helps it bind with mercury, cadmium, lead and arsenic and eliminate them from the body.

It also contains beta carotene and chlorophyll, two effective antioxidants.

To make this algae easier to swallow, modern technology has found a way to break down its cell wall enough so it can be adequately digested.

It's available in tablet, granule and liquid form and is the best-selling supplement in Japan. Chlorella can be found in health food stores.

Laughter may be the best medicine

If it's called a funny bone, why does it hurt so much when you hit it? The truth is, when you stub your toe or slam your finger in the door and someone manages to make you laugh, the pain seems to subside. Now, medical research has shown that good health can be a laughing matter.

The staff at Rembrandt Oral Care products found research that shows laughter may be the best medicine.

- Laughter lowers blood pressure and relaxes muscles.

- Laughter provides immediate release from emotional stress that can last for up to 40 minutes.

- Laughing stimulates cate-

cholamines, hormones which are thought to stimulate the brain to release stress-reducing endorphins.

- Laughing may increase disease-fighting antibodies. It causes cortisol and epinephrine to decline. Both are chemical substances that can interfere with the body's ability to fight illness.

- Laughter combats depression.

- Ten minutes of hearty laughter provides an anesthetic effect that promotes pain-free sleep.

- Historically, laughter was thought to "purge the blood and make the body young, lively and fit for any manner of employment."

Academy Manor celebrates its 20th anniversary

Academy Manor of Andover is celebrating its 20th anniversary under the same administration and ownership. Since 1975, owner/administrator David Solomont has implemented many innovative ideas and increased medical services and specialties at the facility to serve the growing needs of the community. An expansion in 1986 paved the way for the home to care for 174 guests (residents). Renovations and updates in furnishings have been done on an ongoing basis. Academy Manor is committed to staying in pace with advancements in geriatrics and long-term care.

Located in a quiet residential neighborhood only a short walk from the heart of Andover, Academy Manor borders the Phillips Academy bird sanctuary. No matter the season, the beauty of the surrounding landscape provides a pleasant backdrop for guests (residents) and visitors alike – the tranquil sight of new fallen snow on branches and a cross-country skier gracefully gliding along; trees and flowers waking up after a long winter's nap; the vivid color of a cardinal perched on a branch and the sightings of many other birds in the thick of the trees; a palette of fall colors and the gentle sound of falling leaves.

Guests and their families enjoy strolling along the walking and wheelchair path or relaxing at one of the many park benches along the path or on the patios. During times of inclement weather, there are many

cozy areas throughout Academy Manor where people can visit.

Enter through the doors of Academy Manor of Andover seven days a week, 365 days a year, and you'll find our energetic staff in the midst of providing a diverse social and therapeutic program. Exercise groups, discussion groups, cooking and baking classes and an array of music programs led by Academy's full-time music therapist are just a sampling. Religious services are also provided for all faiths. Guests enjoy trips on Academy's handicap-accessible luxury bus to sporting events, restaurants and to many other exciting destinations. A renowned volunteer program is coordinated by Academy's activity director, Tracey Meech. Volunteer are always welcomed.

Under the direction of Cliff Nelson, Academy Manor's dietary team offers a unique multi-choice meal program featuring a five-week menu cycle. The extensive menu option plan can be designed around any special diets. Academy's dining services are provided in an ambiance rarely found in a medical setting. Birthday parties and special celebrations are gladly accommodated.

A beauty and barber shop is conveniently located at Academy Manor of Andover. Whether a permanent or haircut, the "Hairs to You" salon can oblige.

In the gift shop, guests can charge their purchases, giving them the

opportunity to do their own shopping. The shop offers an array of cards, candy, gifts and sundries.

The 174-bed Medicare-certified, family-owned and operated nursing facility provides skilled and intermediate care in a warm, homelike atmosphere. Respite stays and smooth transitional stays from hospital to home are also accommodated.

A full-time therapy department offers both physical and occupational therapies. Speech therapy is also available. When the therapists are not providing direct therapy in the "Health Club," they can be found in many therapeutic activities which utilize their special expertise.

Academy Manor is proud of its long-standing service as a training site for nursing students, occupational therapy and physical therapy students, and as a site for interns in administration and music therapy.

Administrator Natalie Ferruolo manages the daily operations of the facility. This enables owner and senior administrator, David Solomont, to be accessible to guests and their families. Those seeking admission



information meet directly with David Solomont or admission coordinator Laurie Ortstein.

This non-traditional approach for admissions allows Academy's social service team more time to provide optimal direct service to all guests and their families. Doris Wayman and Fran Lahey facilitate a weekly women's support group and a men's club for guests (residents) of the home, as well as a bimonthly "Daughters of Mothers" support group, a unique program designed to help daughters who have mothers residing at the home.

For further information or a brochure, contact David Solomont or Laurie Ortstein at (508) 475-0944.



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Oral Health

Americans could improve their dental habits

When was the last time you spent a full two minutes brushing your teeth? Do you floss your teeth every day? Have you visited your dentist within the past six months? Most adults assume they practice healthy oral care habits, yet few can answer "yes" to all of these questions.

Recent statistics from Oral-B Laboratories and the American Dental Association reveal that Americans could improve their dental habits:

- Only 4 percent of Americans between the ages of 18 and 64 are cavity-free.

- The average adult dental patient has 23 cavities.

- More than 75 percent of Americans age 40 and older have some form of gum disease.

"If more adults practiced smart oral care habits, like making regular visits to the dentist, using quality products, and exercising proper brushing and flossing techniques, they could reduce their risk of cavi-

ties, gum disease and tooth loss," says Ross McMullin, general manager of the Consumer Products Division at Oral-B Laboratories.

Steps to oral health

Topping the list of "smart" oral care habits is the recommendation by dental professionals that adults regularly schedule and keep their semiannual visits to the dentist.

Second, practice accurate oral care techniques. The ADA recommends that adults brush at least twice a day for at least two minutes per brushing - covering the front, back and chewing surface of every tooth.

Another key step in proper oral care is flossing, yet only an average of 28 percent of the U.S. population uses floss on a daily basis, according to a 1993 Gallup study.

Remember, with regular dental checkups, effective dental products and proper oral care techniques, adults can truly have something to smile about.

Regular trips to dentist may alert people to other health problems

Regular visits to your oral health-care provider can do more than help you maintain the best possible oral health. They can, in fact, alert you to a life-threatening or life-altering health problem you may not know you have.

As a preventive oral healthcare specialist concerned with your total health and well being, your registered dental hygienist is experienced in providing a wide variety of disease-detecting services as part of your regular preventive oral health treatment. Through blood pressure monitoring, medical histories, head and neck exams and, especially, through the mouth exams they perform, dental hygienists are skilled at recognizing signs that warn about such diseases as:

- Oral cancer
- AIDS
- Diabetes
- Eating disorders, such as anorexia and bulimia
- Renal (kidney) disorder

- Chronic Fatigue Syndrome
- Osteoporosis
- Sjogren's Syndrome

If any problem is detected or suspected, dental hygienists are prepared to provide and assist you in obtaining a host of support services. But their primary role is to help you through regular office visits and a recommended home-care regimen optimize oral hygiene and minimize related problems that an identified disease may cause. Problems, which if ignored, can even make the disease itself worse.

To learn more about the varied services dental hygienists provide, including their important role in disease detection, talk to your own dental hygienist or send a stamped, self-addressed envelope for free literature to the American Dental Hygienists' Association, Suite 3400, 444 N. Michigan Ave., Chicago, IL 60611, Attn.: Disease Detection. Please specify the disease topic you would like to know more about.

Childproofing the medicine cabinet

Continued from page 28

the same symptoms, prescriptions should never be shared. Have adolescents talk with your family pharmacist about medications and how they interact with each other. For example, aspirin can be life-threatening if taken within hours of some medications.

- Know which medications pose the biggest risk of overdose. Even a small quantity of iron-enriched prenatal vitamins can kill a toddler. Antidepressants and many heart medications may also cause a life-threatening situation.

- Don't assume that half an adult dose is equal to a child's dose. Talk to your pharmacist or physician about proper dosing before giving children any medication.

In an emergency

Unfortunately, many children, regardless of the precautions taken by their parents, still fall ill due to poisoning. If you believe your child has swallowed or even sucked on medication that he or she shouldn't have, seek help immediately. Some medications have a delayed effect - don't be tricked because the child appears to be fine.

Because minutes count, keep the telephone number of the local poison control center in a handy location. Other phone numbers to know: your community pharmacist, physician and emergency room.

If your child must be seen by a physician, remember to bring the medicine vial even if it is empty. The quantity, type and strength of medication ingested are extremely important when determining a treatment.



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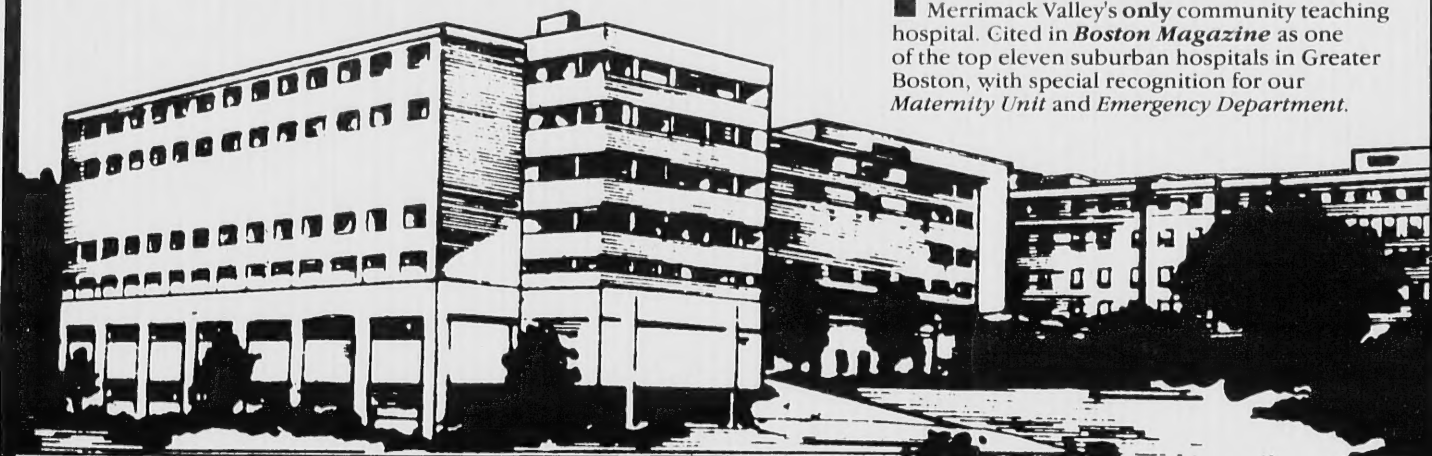
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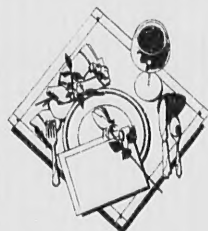
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